

# Final Report

FS [OBSERV]



**Naomi Ellen Baer**

Incident ID: BARRY

Injury: MVA - claiming back surgery

Date of Injury: May 30, 2020

Created Date: 12/09/2025

**Requested By**

Carmen Wierenga

Carmen@sallymorinlaw.com



# Background

## Method Of Discovery

### Name, Location, DOB, & Associates

## Summary of findings

### Background and Family:

Naomi Ellen Baer is 28 years old and lives in Menlo Park, California. Her parents are Sheri Baer and Doug Baer. She has a sister, Ilana Baer. Her ex-boyfriend is Sam Andrews, and her friends include Dana Aminoach Margalit and Benedetta Tiveron. Her hobbies include scuba diving and traveling.

### Employment:

Subject is an Associate at ROOT in the New York Metropolitan Area. She is also a student at the Stanford University Graduate School of Business; she started in June 2024, and her projected graduation date is June 2026.

### Social Media:

Facebook, Instagram, Threads, TikTok, LinkedIn, Pinterest, YouTube, Google Reviews, and Venmo accounts were found for Subject.

A Reddit account under the username "ribbit\_reddit\_girl" was provided by the Requestor. The posts have been preserved in this report, per instruction from the Requestor.

### Before the DOI:

- 07/14/2015 - Most recent post on Instagram (account naomittravelz): video from a concert
- 01/21/2018 - Pictured with her teammates and mentioned that she had played basketball for nearly 15 years

### After the DOI:

- 11/05/2020 - Subject commented on a post in the "Spondylolisthesis" subreddit stating that she was considering spinal fusion surgery.
- 12/26/2021 - Most recent activity on Facebook: updated profile picture of Subject in a hot air balloon
- 03/02/2022 - Subject's Reddit reply indicates that she was a college basketball player who was diagnosed with a pars fracture (genetic) and spondylolisthesis (caused by a car accident).
- 06/05/2022 - Subject indicates that she has been doing Pilates for two years and is considering getting into weight lifting.
- 06/11/2022 - Subject's post in the "Spondylolisthesis" subreddit seeking advice to improve her quality of mental health.
- 06/19/2022 - Subject's Reddit reply regarding her grade 1-2 spondy. In this reply, she states that she would prefer natural treatment to avoid drug dependence.
- 06/25/2022 - Subject says her pain doctor recommended Cedars Sinai.
- 07/26/2022 - Subject uploaded a photo of a spine x-ray and asked users in the "Spondylolisthesis" subreddit if they knew what could cause disfigured discs. In the comments, Subject states that she was in a bad car accident and is a former college athlete.
- 09/09/2022 - First available content: Video of Subject and associates at a restaurant; she was seen dancing, while seated, and holding a drink.
- 07/20/2023 - Subject says she is uncomfortable every day and had to switch careers to something less

strenuous.

- 09/06/2023 - Subject says she did not qualify for Pars Repair because her spondy had slippage.
- 09/11/2023 - Subject talks about her spondy, discomfort, and occasional sciatica and numbness.
- 11/22/2023 - Subject's post regarding having a quiet and empty head after a difficult period in her life.
- 12/10/2023 - Subject's post seeking information regarding others' experiences after spinal fusion.
- 12/15/2023 - Subject seeking advice on managing her SI joint sciatica flare-up while flying internationally.
- 12/27/2023 - Subject's post regarding a "light stinging pain" in her glutes or surrounding area. In the Post, Subject says she was diagnosed with L5/S1 gr1/2 slippage for 3.5 years. She states that she went on a hike and had sex before these symptoms began.
- 01/06/2024 - Subject states that she was diagnosed with Spondylolisthesis at 23 and has recovered from a torn ACL. She says that physiotherapy and spinal decompression changed her life.
- 01/10/2024 - Subject's post regarding unemployment benefits. She states that she was forced to resign from her consulting job in return for 2 months' compensation.
- 01/21/2024 - Seen walking at the Sundance Film Festival in Park City, Utah.
- 01/23/2024 - At a gathering with associates, she showed her hand holding a drink.
- 02/07/2024 - Subject says a physiotherapist doing deep stretching and decompression therapy has provided pain relief.
- 02/08/2024 - Subject recommends Dr Le at Santa Monica Spinal Stenosis Center. She says that physiotherapy decompressions have been life-changing for her.
- 02/12/2024 - Talking while walking, walked to a coffee shop.
- 02/15/2024 - Seen walking on her lunch break from work.
- 02/19/2024 - Subject says that she tried stem cell therapy twice after an accident and there were no results.
- 03/07/2024 - Subject's post seeking information regarding pain/inflammation and their menstrual cycle.
- 03/25/2024 - Subject says she has lost herself and is considering a fusion.
- 03/27/2024 - Subject's post in the "Spondylolisthesis" subreddit seeking support as the condition makes her feel "crazy." In the post, she says a car accident four years ago caused a gr2 spondy 8mm slip on L5/S1.
- 03/29/2024 - Subject says that she is moving forward with spinal fusion surgery.
- 04/01/2024 - Subject says that she has bilateral pars defect on L5-S1, and in 2020 a car Accident triggered spondylolisthesis. She says she has a fusion scheduled in 2 months.
- 04/03/2024 - Subject recommends the subreddit, "Spondylolisthesis". She says that she has spondy gr2 and is scheduled for an L5-S1 fusion in 2 months.
- 04/24/2024 - Subject says she does not have full Ehlers-Danlos Syndrome but has hyper-elastic in her joints.
- 04/30/2024 - Subject asks how her pain will be after her L5-S1 fusion.
- 05/02/2024 - Subject states that she has whiplash neck pain from an Accident.
- 05/10/2024 - Subject says she was diagnosed with gr2 spondy at 23 and is getting a fusion this year.
- 05/31/2024 - Subject's seeking advice in exercising with a bad back.
- 06/04/2024 - Subject recommends Dr. Le at Spinal Stenosis & Disc Center, INC.
- 06/07/2024 - At a social club, DOG PPL in Santa Monica, California.
- 06/12/2024 - Subject's post regarding her strange symptoms after a stim procedure in the IVF subreddit.
- 06/20/2024 - Subject states in the "IVF" subreddit that she is 1 month post-ER and has significant hair loss.
- 06/27/2024 - Seen walking and mentioned that she would be starting at Stanford Graduate School of Business in a couple of months.
- 07/04/2024 - Post about an Uber ride home from the LAX airport cost more than her RyanAir flight across Europe.

- 07/06/2024 - Mentioned stressful events in the months prior and that she was experiencing hair loss, shared her treatment.
- 07/07/2024 - Subject states that she has a spine fracture and that a DEXA scan showed that she is in the lowest 7% of her age group for bone density.
- 07/08/2024 - Most recent post: shared she would be traveling before starting her MBA at Stanford GSB.
- 07/09/2024 - Videoed walking in a post about the daily effects of walking to get coffee.
- 07/10/2024 - Videoed walking around and talked about how she would be going on a 4-week trip to Europe.
- 07/13/2024 - Posted that she had made it to London.
- 07/17/2024 - Seen sitting on an airplane.
- 07/20/2024 - In Sardinia, Italy.
- 07/22/2024 - Seen scuba diving.
- 07/27/2024 - Mentioned taking a 4-hour bus ride to an event.
- 07/28/2024 - On a Yacht in Croatia.
- 08/05/2024 - Included a clip of her walking in an airport, and standing behind a DJ at a club.
- 08/06/2024 - Seen drinking on her 10-hour flight to Los Angeles, California.
- 08/12/2024 - Seen dancing while lip syncing.
- 12/25/2024 - Seen sitting while slightly turned to talk to the person beside her.
- 01/03/2025 - Photos of Subject's spine x-rays. In the post, Subject says she has a fusion scheduled in 3 weeks. This is Subject's most recent Reddit Post.
- 01/06/2025 - Post about how she had recently started at Stanford Graduate School of Business and was living there.
- 02/02/2025 - Subject asked for more information regarding the benefits of a sauna for Spondylolisthesis. This is Subject's most recent Reddit Comment.
- 02/14/2025 - Recorded herself talking while she was driving.
- 02/18/2025 - Talked about how she had gotten ready and walked to the gym before she realized it was closed.
- 02/20/2025 - Seen with a drink in Santiago, Chile; mentioned she took a 17-hour plane flight alone for a friend's wedding.
- 03/02/2025 - Partied with her classmates in Las Vegas, Nevada.
- 03/05/2025 - Clips of her lying in bed, jumping, walking, at a restaurant; included a clip of an associate at a trampoline park.
- 03/08/2025 - While playing Beer pong, she shot the ball out of her mouth and threw her hands up in celebration.
- 03/09/2025 - Seen working out at a gym.
- 03/11/2025 - showed her outfits from Coachella Festival 2019, 2022, 2023, & 2024; she was seen sitting and standing, including on one leg with the other in the air
- 03/15/2025 - Mentioned her flight was in 4 hours and was seen sitting on her knees and pulling a drawer out of a nightstand.
- 03/16/2025 - Videoed talking and walking at an airport before her flight to Hong Kong, China.
- 03/24/2025 - Seen spinning and walking in Seoul, South Korea.
- 03/25/2025 - Explained that she was on a trip to South Korea with Stanford GSB, as she was lying on the ground with her knees/feet in the air, at a gym in Seoul
- 03/26/2025 - Seen drinking and singing at a restaurant with associates.
- 03/27/2025 - Videoed dancing choreography with associates.
- 03/28/2025 - Video of shots being poured and of Subject dancing at a club/bar.
- 03/29/2025 - Seen moving her arms up and down while standing on a teeter-totter in South Korea.

- 03/30/2025 - Videoed dancing choreography with associates.
- 04/04/2025 - Seen walking, spinning, bending forward, and lifting her leg
- 04/17/2025 - Said that she was added to the TikTok Shop Affiliate Program.
- 05/10/2025 - Mentioned that she had just gotten back from Prom at Stanford.
- 06/06/2025 - Seen walking in an airport.
- 06/26/2025 - Mentioned she was back in the US.
- 06/28/2025 - Seen walking and mentioned she was subleasing an apartment in New York
- 07/06/2025 - While walking to Pilates, she mentioned she took ZzzQuil every night but did not take them the night before.
- 07/11/2025 - Post about how American Airlines cancelled her international flight and had trouble rebooking.
- 07/13/2025 - Showed her outfit and view in São Paulo, Brazil.
- 07/25/2025 - Walked as she talked about her experience at the São Paulo Airport; mentioned that she had just sprinted through the airport.
- 08/16/2025 - Seen walking and running while doing a scavenger hunt with her friends.
- 08/17/2025 - Seen jumping up and down after her team won 1st place at her friends' competition in The Hamptons.
- 08/29/2025 - Mentioned she was packing to go to Europe.
- 08/30/2025 - Post about being hungover from drinking the night before.
- 09/02/2025 - At a club/concert in Berlin, Germany.
- 09/04/2025 - Flew to Nice, France, and shared her activities for the day, which included eating/drinking at restaurants and walking at various locations.
- 09/09/2025 - Most recent activity on Google Reviews: 5-star reviews for Galata Meyhanesi in Istanbul, Turkey, and Junhan Japanese Cuisine in Sao Paulo, Brazil.
- 09/14/2025 - At Butterfly Valley in The Turkish Riviera.
- 09/15/2025 - Most recent post: selfie video in Istanbul, Turkey.
- 09/29/2025 - Subject shared a video at an event with multiple other individuals (concert).
- 12/05/2025 - Subject shared a video with the text "A self-driving car is taking me to the Hospital, where I'm getting my stomach sliced open so a Doctor and a machine can staple my spine together from the front. We are living in the future."
- 12/06/2025 - Subject shared videos discussing her spinal fusion surgery.
- 12/07/2025 - Subject shared a video with the text "Spinal Fusion Day.
- 12/08/2025 - Subject's day 3 post spinal fusion update.

### **Court Records:**

Subject's address, per Requestor, is 1060 College Ave, Menlo Park, CA 94025. Subject was not listed on the property records. Her father was listed as the property owner.

Subject's most recent address history (2 years) was included in the report.

There were no court records located for Subject.

### **File notes (other)**

#### **Indicators:**

Bankruptcies: None Found

Liens: None Found

Judgments: None Found

Subject Information	
<b>Name :</b>	Naomi Ellen Baer
<b>Social Security Number :</b>	618-96-9057
<b>Last Known Addresses:</b>	<b>Aug 1, 2023 - Feb 18, 2024</b> 211 South Spalding Drive Unit S206, Beverly Hills, California 90212, United States <b>May 2, 2013 - Sep 22, 2025</b> 1060 College Avenue, Menlo Park, California 94025, United States <b>Sep 14, 2009 - Jan 17, 2024</b> 7042 Natick Avenue, Van Nuys, California 91405, United States
<b>Phone(s) :</b>	(650) 269-6465 (PT) (Mobile) (86%) (303) 786-9223 (MT) (LandLine) (66%) (310) 203-9417 (PT) (VoIP) (66%) (650) 325-3444 (PT) (LandLine) (66%) (650) 965-7772 (PT) (VoIP) (40%) - Los Gatos Research in Mountain View, California
<b>Alias(es) :</b>	NAOMI ELLEN BAER (05/11/2018) NAOMI E BAER (06/03/2015 to 07/02/2025) Naomi Baer Naomi Nao naomibaer naomitraelz tiktostarnaomi nbaer sportypanda naomibaer6209 baer4832 Naomi-Baer-1
<b>Email Address(es) :</b>	naomibaer@gmail.com (100%) naomi.baer@gmail.com (100%) naomibaer1968@yahoo.com (100%) naomi.baer@pomona.edu (70%) naomi@syllable.ai (62%) n.baer@lgrinc.com (45%)
<b>DOB :</b>	04/08/1997
<b>Marital Status :</b>	Single
<b>Employment :</b>	Grown Intern at Biosplice Therapeutics in San Diego, California (2016 - 2016) Venture Capital Intern at 500 Global in San Francisco Bay Area (2017) Genetics Teaching Assistant at Pomona College (2016) Campus Tour Guide at Pomona College (2016 - 2017) President at Pomona Ventures at Pomona College (2016 - 2018) Neuroscience Teaching Assistant at Pomona College (2018) Captain of the NCAA Women's Basketball Team at Pomona College (2015 - 2019) Consultant at Boston Consulting Group (2019 - 2022) Go-to-Market, Partnerships, & Operations at Syllable AI (Jan 2022 -+ Jul 2024) Associate at ROOT in New York Metropolitan Area (Jun 2025 - Present)
<b>Alleged Injury :</b>	MVA - claiming back surgery
<b>Date of Loss :</b>	05/30/2020

**Education :**

Menlo-Atherton High School  
University of California: Summer Program, Bioengineering and Biomedical  
Enginerring (2014)  
Pomona College: Bachelor of Arts (BA), Double Major in Neuroscience and  
Economics  
Stanford University Graduate School of Business: Master of Business  
Administration - MBA (June 2024 - Present, Projected Graduation: June 2026)

**Hobbies :**

Licenses & Certifications:  
Open Water Scuba Driver: PADI (Issued Jan 2019)  
Advanced Open Water Scuba Diver: PADI (Issued July 2024)  
Scuba Diving, Traveling, Basketball

**Additional Info :**

N/A

# Associates

Name	Relationship	Account
Sheri Baer	Parent	<a href="https://www.facebook.com/sheri.g.baer">https://www.facebook.com/sheri.g.baer</a> <a href="https://www.instagram.com/sherbaer">https://www.instagram.com/sherbaer</a> <a href="https://www.threads.com/@sherbaer">https://www.threads.com/@sherbaer</a> <a href="https://www.tiktok.com/@sheribaer472">https://www.tiktok.com/@sheribaer472</a> <a href="https://www.tiktok.com/@sherbaer7">https://www.tiktok.com/@sherbaer7</a> <a href="https://www.linkedin.com/in/sheribaer">https://www.linkedin.com/in/sheribaer</a>
Doug Baer	Parent	<a href="https://www.facebook.com/douglas.baer.7">https://www.facebook.com/douglas.baer.7</a> <a href="https://www.instagram.com/lildougiebaeryolo">https://www.instagram.com/lildougiebaeryolo</a> <a href="https://www.threads.com/@lildougiebaeryolo">https://www.threads.com/@lildougiebaeryolo</a> <a href="https://www.tiktok.com/@dougbaer">https://www.tiktok.com/@dougbaer</a> <a href="https://venmo.com/u/DougBaer">https://venmo.com/u/DougBaer</a> <a href="https://cash.app/\$baerd10">https://cash.app/\$baerd10</a>
Ilana Baer	Sibling	<a href="https://www.facebook.com/ilana.baer.7">https://www.facebook.com/ilana.baer.7</a> <a href="https://www.instagram.com/ilanabaer">https://www.instagram.com/ilanabaer</a> <a href="https://www.instagram.com/ilanasdisposable">https://www.instagram.com/ilanasdisposable</a> <a href="https://www.tiktok.com/@ilanabaer">https://www.tiktok.com/@ilanabaer</a> <a href="https://www.linkedin.com/in/ilanabaer">https://www.linkedin.com/in/ilanabaer</a> <a href="https://venmo.com/u/ilanabaer">https://venmo.com/u/ilanabaer</a>
Sam Andrews	Other	<a href="https://www.instagram.com/dim_sam_">https://www.instagram.com/dim_sam_</a> <a href="https://www.tiktok.com/@_dim_sam">https://www.tiktok.com/@_dim_sam</a>
Dana Aminoach Margalit	Friend	<a href="https://www.facebook.com/dana.aminoach">https://www.facebook.com/dana.aminoach</a> <a href="https://www.instagram.com/dooshiez">https://www.instagram.com/dooshiez</a> <a href="https://www.threads.com/@dooshiez">https://www.threads.com/@dooshiez</a> <a href="https://x.com/dooshiez">https://x.com/dooshiez</a> <a href="https://www.tiktok.com/@dooshiez">https://www.tiktok.com/@dooshiez</a> <a href="https://www.linkedin.com/in/dana-aminoach">https://www.linkedin.com/in/dana-aminoach</a>
Benedetta Tiveron	Friend	<a href="https://www.instagram.com/benedettativeron">https://www.instagram.com/benedettativeron</a> <a href="https://www.threads.com/@benedettativeron">https://www.threads.com/@benedettativeron</a> <a href="https://www.tiktok.com/@benedettativeron">https://www.tiktok.com/@benedettativeron</a>

# Profile Pages

**Social Media Link:** <https://www.facebook.com/naomi.baer>

**Date Captured:** Sep 24, 2025

**Snapshot:**

facebook.com/naomi.baer

facebook

Search

Home

Friends

Watch

Marketplace


Community


Grid

Messages

Notifications









Profile





Naomi Baer

2.6K followers • 270 following



Message

Follow

Add friend

Posts

About

Friends

Photos

Videos

Events

More




Intro

Profile • Digital creator

Studied at Pomona College


Photos

See all photos



Posts

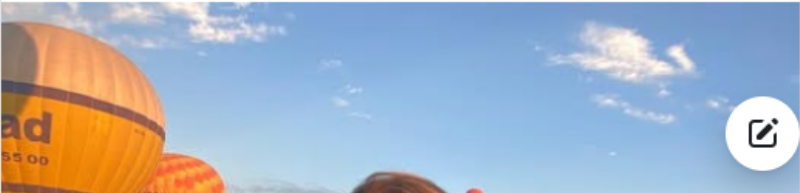
Filters



Naomi Baer updated her profile picture.

December 26, 2021 •

Every day I search for a feeling that can replicate the pre-Instagram exhilaration of updating my Facebook profile picture





**Social Media Link:** <https://www.instagram.com/naomittravelz>

**Date Captured:** Sep 24, 2025

**Snapshot:**

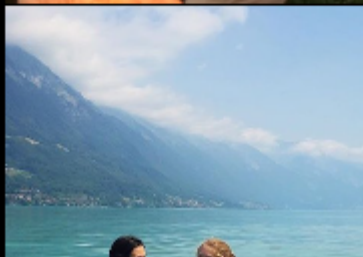


**naomitraelz** ...

Naomi Baer

35 posts 44 followers 58 following

Follow




**Social Media Link:** <https://www.instagram.com/naomibaer>

**Date Captured:** Sep 24, 2025

**Snapshot:**

instagram.com/naomibaer



naomibaer

Naomi


404 posts

2,230 followers

2,128 following

naomibaer

Follow



This account is private

Follow to see their photos and videos.

**Social Media Link:** <https://www.threads.com/@naomibaer>

**Date Captured:** Sep 24, 2025


**Snapshot:**

threads.com/@naomibaer

naomibaer




Naomi

naomibaer



Can't believe people still think Big Tech doesn't do anything useful

203 followers



Follow

Mention

This profile is private.

Social Media Link: <https://www.tiktok.com/@tiktokstarnaomi>

Date Captured: Sep 24, 2025

Snapshot:

tiktok.com/@tiktokstarnaomi

**tiktokstarnaomi** Nao ✨

Follow

Message

...

643 Following

4807 Followers

176K Likes

📍 All around

💡 Life, business, & travel

✉️ naomi.baer@gmail.com

🔒

📱

🔕

📺 Videos

📁 Liked

Latest

Popular

Oldest

Pinned

12 hours in Vegas  
700 classmates  
Only bring what you wear

Pinned

and so they answer the door

Pinned

About to get  
Microneedling + PRP for  
the first time. Will post my  
before and after

Group travel tip:  
If you think everyone else  
is the problem, you are the  
problem.

Have you needed  
the poncho?

Wanted good weather so I  
flew to Nice, France! Join  
me for a day

Flew to Berlin knowing zero  
people to go clubbing.  
Here's how I went



### Snapshot:



## Experience



### Associate

ROOT

Jun 2025 - Present · 4 mos

New York City Metropolitan Area

More coming soon



### Go-to-Market, Partnerships, & Operations

Syllable · Full-time

Jan 2022 - Jul 2024 · 2 yrs 7 mos

First growth/biz-dev hire at an AI startup focused on automating natural language workflows. Responsible for wide spectrum of day-to-day growth (direct sal ...see more



### Consultant

Boston Consulting Group (BCG) · Full-time

2019 - 2022 · 3 yrs

Promoted from Associate to Consultant in fastest possible timeframe. Offered rare opportunity for graduate school sponsorship upon "boomerang" back to f ...see more



PLAN for an Effective COVID-19 Response



### Pomona College

4 yrs 1 mo

- **Captain of NCAA Women's Basketball Team**

2015 - 2019 · 4 yrs

Awarded Pomona's top athlete scholarship (Blair Nixon Award) for academics, sportsmanship, and organized athletic pursuits.... [...see more](#)

- **Neuroscience Teaching Assistant**


2018 - 2018 · Less than a year

- **President of Pomona Ventures**

2016 - 2018 · 2 yrs

Collaborated with an amazing team to completely revamp the campus entrepreneurship club's mission, structure, and culture. Successfully expani ...see more

Show all 5 experiences →

 **Naomi Baer**  
MBA Candidate @ Stanford GSB

**500**

### Venture Capital Intern

500 Global · Internship

2017 - 2017 · Less than a year

San Francisco Bay Area · On-site

Selected for exclusive VC internship after publishing a BuzzFeed article on why they should hire me. Helped interview 20+ candidates for the Seed Program, le ...see more

Show all 10 experiences →

## Education



### Stanford University Graduate School of Business

Master of Business Administration - MBA

Jul 2024 - Jun 2026

Activities and societies: Arbuckle Leadership Fellow, Product & Consumer Clubs, Independent Study on Digital Brand Building and Marketing, Admit Week ...see more



### Pomona College

Bachelor of Arts (BA), Double Major in Neuroscience and Economics

Activities and societies: • Captain of Pomona-Pitzer Women's Basketball Team • President of Pomona Ventures • Campus Tour Guide • Genetics 51 Lab TA • ...see more

Show all 4 educations →

## Licenses & certifications



### Advanced Open Water Scuba Diver

PADI

Issued Jul 2024



### Open Water Scuba Diver

PADI

Issued Jan 2019

## Volunteering



### Board Member/Alumni Council

Jewish Teen Foundation

Jan 2013 - Jan 2015 · 2 yrs

Social Services



Social Media Link: <https://www.pinterest.com/baer4832>

Date Captured: Sep 24, 2025

Snapshot:

 Search



Naomi Baer

 baer4832

0 following



Message

Follow



Created

Saved



LANDON Black Leather Lug Sole Mary Jane Loafer |...





Spring Handmade Vintage Mary Jane Shoes 34-41

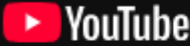



**Social Media Link:** <https://www.youtube.com/@sportypanda>

**Date Captured:** Sep 24, 2025

**Snapshot:**

 [youtube.com/@sportypanda](https://www.youtube.com/@sportypanda)







# Naomi Baer

@sportypanda · 18 subscribers · 2 videos

More about this channel ...more


Subscribe

Videos 



**Naomi Jordan Zach Eliza, Mystery Spanish Project 5º**

368 views · 12 years ago





**Naomi Carolyn Taryn First Spanish Project**


49 views · 12 years ago

**Social Media Link:** <https://www.youtube.com/@naomibaer6209>

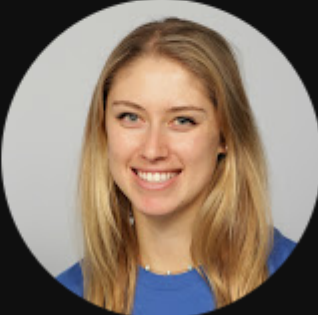
**Date Captured:** Sep 24, 2025

**Snapshot:**

 youtube.com/@naomibaer6209

 **YouTube**

Search



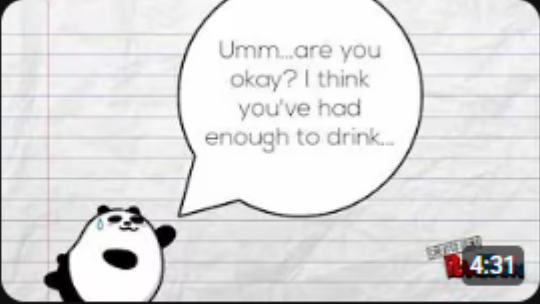
**Naomi Baer**

@naomibaer6209 · 2 subscribers · 2 videos

More about this channel ...more


Subscribe

Videos



**MLE Econometrics**

101 views · 8 years ago



**CATions**

168 views · 10 years ago

**Social Media Link:** <https://account.venmo.com/u/Naomi-Baer-1>


**Date Captured:** Sep 24, 2025

**Snapshot:**



Naomi Baer

@Naomi-Baer-1 • 1,000 friends

 Pay or Request

Add friend

All stories



Naomi Baer paid Vegas VIP

Feb 11 

Vegas



Naomi Baer paid Grace Kahle

Aug 30, 2022 

Thunderbird



Naomi Baer paid Brittney Prather

Aug 27, 2022 

Uber home




Naomi Baer paid Andrew Kim

Aug 26, 2022 

No



Andrew Kim paid Naomi Baer

Aug 26, 2022 

Breakfast burrito vice





**Naomi Baer paid Brittney Prather**

Aug 12, 2022

Down to 🍷



**Naomi Baer paid Brittney Prather**

Aug 11, 2022



**Naomi Baer paid Nuvola Mobile-Pizzeria**

Aug 5, 2022

Medium acai



**Naomi Baer paid Austin Newton**

Aug 1, 2022



**Austin Newton paid Naomi Baer**

Jul 31, 2022

my dog totoo



**Naomi Baer paid Nuvola Mobile-Pizzeria**

Jul 24, 2022

Acai bowl



**Naomi Baer paid Omar Avila**

Jul 10, 2022

Chips



**Naomi Baer charged Grace Kahle**

Jun 25, 2022

Uber to club Scottsdale 🎉🎉🎉





account.venmo.com/u/Naomi-Baer-1



**Naomi Baer paid Luis Gomez**

Jun 19, 2022

Froyo



**Naomi Baer charged Maria Burzillo**

Jun 9, 2022

Uber home from club 🥳🎧🎵



**Naomi Baer paid Felix Martinez**

Jun 6, 2022

Mango with lime



**Naomi Baer charged chirine mouharam**

May 26, 2022

Propane



**Naomi Baer paid Nadia Gillespie**

May 23, 2022

Intro pilates thank you 🧘🧘🧘



**Naomi Baer paid Olivia Whitener**

May 21, 2022

Double Zero - using Spliti for iOS (spliti.io)



**Natasha Reyes paid Naomi Baer**

May 19, 2022

LiB for bestie 🥰



**Ilana Baer charged Naomi Baer**

May 17, 2022

Drink



### Snapshot:



Employers ▾

[Login >](#)

## LOCATION

📍 Menlo Park, California

 EDUCATION

Pomona College

August 2015 - May 2019

## DEGREE

Bachelor's

## MAJORS

Economics  
Neuroscience



Atherton High School

 **SKILLS**

## LANGUAGES

English

Spanish

## WORK EXPERIENCE



Samumed

executive assistant

## COMPANY

Samumed

TITLE

executive assistant

**★ LEADERSHIP**

**Alumni Council**

## Basketball



### Snapshot:



## The Quarterly Review of Economics and Finance

### Snapshot:

- 
- #70



**2015-16: SCIAC All-Academic team.**

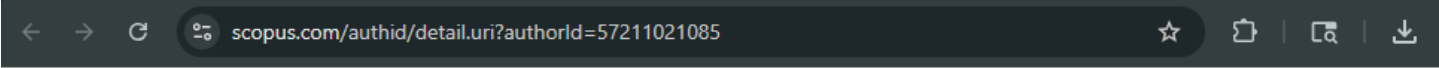
### Snapshot:

Maripat Corr

**Social Media Link:** <https://www.scopus.com/authid/detail.uri?authorId=57211021085>

**Date Captured:** Sep 24, 2025

**Snapshot:**



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Baer, Naomi

[Pomona College](#), Claremont, United States • Scopus ID: 57211021085 • [Connect to ORCID](#)

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1

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1

Document

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Article		Author Position
The name game: The importance of resourcefulness, ruses, and recall in stock ticker symbols	1	<a href="#">Check access</a> through your organization to view author position.
Quarterly Review of Economics and Finance, 2020	Citations	
Full text		First author%

Social Media Link:

https://www.maxpreps.com/ca/atherton/menlo-atherton-bears/athletes/naomi-baer/media/photos/?careerid=oek4es7118j11

Date Captured: Sep 24, 2025

Snapshot:

MAXPREPS

GOFAN

NFHS NETWORK

MAXPREPS

Football

Baseball

B. Basketball

G. Basketball

G. Volleyball

...

Naomi Baer

Menlo-Atherton (Atherton, CA)

1 Followers | Senior • 2015

V. Basketball #24 - G, F

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Naomi Baer's Photos

Roster Photos

Add Roster Photos

Senior • 2014-15

Varsity Basketball

Junior • 2013-14

Varsity Basketball

Sophomore • 2012-13

Varsity Basketball

2014

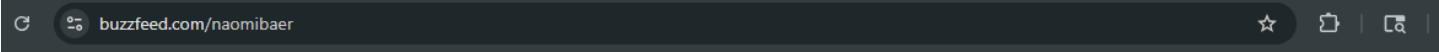
17 photos

2014 - Photo #3

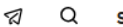
Social Media Link: https://www.buzzfeed.com/naomibaer

Date Captured: Sep 24, 2025

Snapshot:



BuzzFeed



Quizzes Shopping Trending News Celebrity Buzz Chat Arcade



naomibaer

100 points joined Mar 2017 1 trophies 1 posts 0 comments

Trophies

See all trophies >



BuzzFeed Community is a hub for BuzzFeeders to create awesome quizzes and posts that people love. Make your own, or browse what other people are making.

Make your own post! >

Pinned Quiz Results

naomibaer hasn't pinned any quiz results

**Social Media Link:** https://www.reddit.com/user/ribbit\_reddit\_girl/

**Additional Note:** Account provided by Requestor

**Date Captured:** Dec 09, 2025

**Snapshot:**

reddit.com/user/ribbit\_reddit\_girl/

Q u/ribbit\_reddit\_girl X Search in u/ribbit\_reddit\_girl

community

EDDIT 

NEW

e syllables

monthly players

ies

.ity

lerge Valley

More Games

5

Custom Feed

lipATM

ribbit\_reddit\_girl

u/ribbit\_reddit\_girl

Overview

Posts

Comments

Feed options

r/Spondylolisthesis • Help please

ribbit\_reddit\_girl

 replied to **Fearless-Lion7662** 10 mo. ago

Can you tell us more about sauna benefits and your routine? I've never heard of this but am very intrigued!

1

Reply


Share

r/Spondylolisthesis • 1 yr. ago

Join

Xrays — fusion soon

Moral Support



ribbit\_reddit\_girl

Follow

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494

Karma

223

Contributions

5 y

Reddit Age

34

Active in >

ACHIEVEMENTS

Banana Beginner, Banana Baby, Person of Interests, +11 more

View your achievements

TROPHY CASE

Five-Year Club

Verified Email

Reddit Rules

Privacy Policy

User Agreement

Accessibility

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# Other

 nli.org




Posted: May 09, 1997

 System ID: [646150](#)



Captured: Sep 24, 2025

 [Naomi Ellen Baer](#)

 <https://www.nli.org.il/he/newspapers/jweekly/1997/05/09/article/126/?e=-----he-20--1--img-txIN%7CtxTI--1>

*Before DOI*

Her birth was announced



[<](#)  
[>](#)  
[↺](#)  
[↻](#)  
[🔍](#)  
[🔍](#)  
[↑↓](#)  
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 PDF

Son of Dawn and Sandy Margolin, Saturday, May 10 at Temple Beth Abraham in Oakland.

**PAIGE ANN MCKINNON**  
Daughter of Susan and Ralph McKinnon in Walnut Creek.

**FARA ROSENZWEIG**  
Daughter of Nadine Rosenzweig, Saturday, May 10 at Congregation B'nai Shalom in Walnut Creek.

Temple Shalom in San Francisco.

**JODY WEISS**  
Daughter of Lisa and David Weiss, Saturday, May 3 at Congregation Israel in San Francisco.

---

## BIRTHS

**NAOMI ELLEN BAER**  
A daughter born April 8 to Sheri and Doug Baer of Menlo Park. Grandparents are Carolyn and Ron Gevurtz of Lake Oswego, Ore.; Susan Howard of Beverly Hills; and Don Baer of Boulder, Colo. Great-grandparents are Eleanore Rubinstein of Portland, Ore., and Freida Meltzer of Los Angeles.

**DANIELLA BEATRICE LANG**  
A daughter born April 8 to Jennifer and Isaac Lang of Oakland and Haifa. She is the sister of Benjamin Lang. Parents are Marianne and Herb Friedman of Berkeley. Grandmothers are Jacqueline and Alain Lang of Lingolsheim, France. Grandmother is Fay Friedman of San Francisco.





---



## ENGAGEMENTS

**JANE RAND & RANDAL KAPLAN**

Jane Rand of San Francisco, daughter of Beverly and Edward Rand of Westport, Conn., and Randal Kaplan of San Francisco, son of Idajean and Miles Kaplan of San Rafael, have announced their engagement.

# Instagram

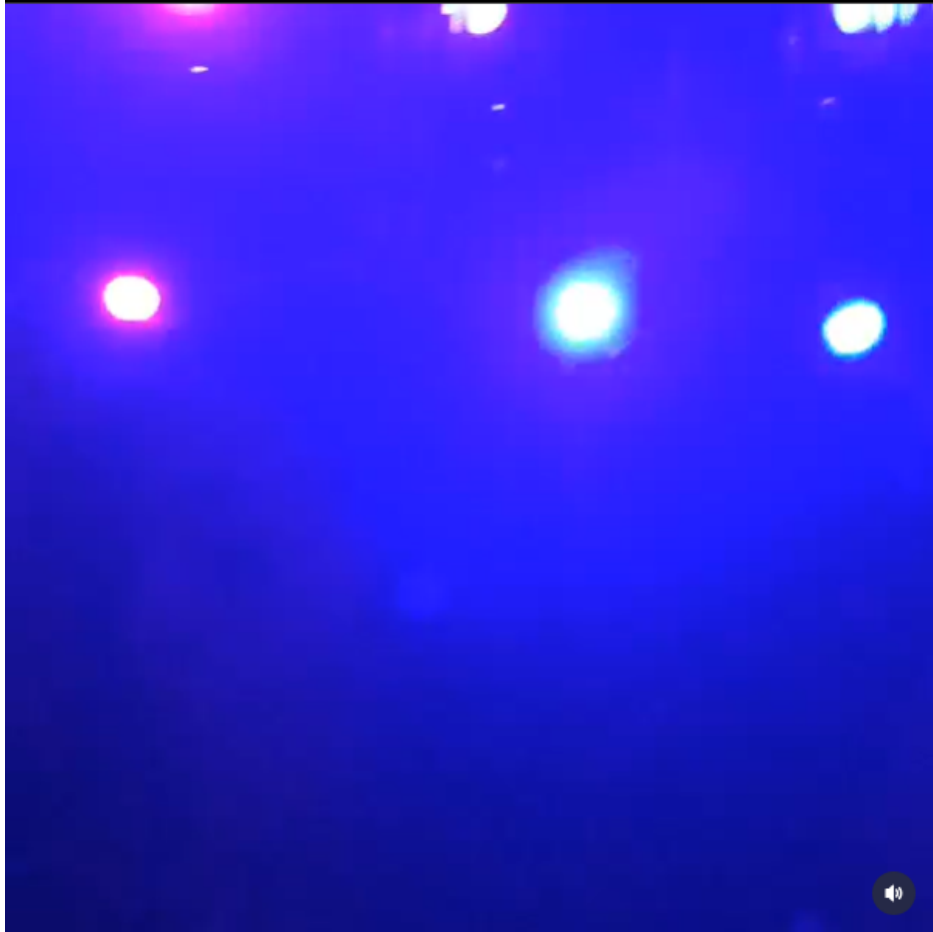
 [naomitraelz](#)  
 System ID: [646140](#)  
 [Naomi Ellen Baer](#)  
 <https://www.instagram.com/naomitraelz/reel/5l-0oOqZi0>



 Posted: Jul 14, 2015  
 Captured: Sep 24, 2025


Before DOI



Most recent post: video from a concert "Final night firehouse Bastille party"



instagram.com/naomitraelz/reel/5l-0oOqZi0






 **naomitraelz** [Follow](#) 





 **naomitraelz** Edited • 532w  
Final night firehouse Bastille party

 **naomitraelz** 531w  
[@runningoutoffood](#) paris!!   
[Reply](#)



 **tangent.of.x** 532w  
What city   
[Reply](#)

 **ceej.watson** 532w  
Was checking, thought you might be at Stanford Basketball Camp [#ballislyfe](#)   
[Reply](#)

 **naomitraelz** 532w

**22 likes**  
July 14, 2015

[Link to download video](#)

# f Facebook

f [naomi.baer](#)



Posted: Jan 21, 2018

f System ID: [646127](#)



Captured: Sep 24, 2025

👤 [Naomi Ellen Baer](#)

🔗 <https://www.facebook.com/photo/?fbid=10210281344410777&set=a.2580905162681>

*Before DOI*

Pictured with her teammates and mentioned that she had played basketball for nearly 15 years "Nearly 15 years of this sport and I still can't palm the ball #juniors"



**Naomi Baer**  
January 21, 2018 · 🌐  
Nearly 15 years of this sport and I still can't palm the ball #juniors

100 8

All comments ▾

**Matt Conn**  
Play me 1 v. 1 at nerf basketball that's where it's really at

7y

**Cindy Diamond-Bowen** 🍷👍

7y

**Doug Baer** ...

😄

7y

**Doug Baer**  
I found that it can be done if my hand is beneath the ball.

7y 2 🗨️

**David J Baer** replied · 1 Reply

**Ilana Baer**  
Has to be more than 15. Can't forget the YMCA days 🍷

7y

**Sally Carlson**  
Some people just aren't that good at basketball... #puckfomona

7y

View 2 more comments 6 of 7

# Other

 Reddit



Posted: Oct 27, 2020

 System ID: [674692](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/explainlikeimfive/comments/jjg91y/eli5\\_why\\_is\\_there\\_not\\_a\\_new\\_word\\_for\\_combined/](https://www.reddit.com/r/explainlikeimfive/comments/jjg91y/eli5_why_is_there_not_a_new_word_for_combined/)

*After DOI*

Subject's post in "explainlikeimfive" subreddit has been removed.

reddit

🔍

r/explainlikeimfive X

Search in r/explainlikeimfive

- 🏠 Home

🔥 Popular

🔗 Explore

👤 All

➕ Start a community

GAMES ON REDDIT

- S

Syllo

Merge syllables

2.8M monthly players

Two Spies

Word City

Farm Merge Valley

Discover More Games

⏪

ELI5

r/explainlikeimfive • 5y ago

ribbit\_reddit\_girl

⏮

### ELI5: Why is there not a new word for combined numbers?

Mathematics

📄

Archived post. New comments cannot be posted and votes cannot be cast.

🚫

Sorry, this post has been removed by the moderators of r/explainlikeimfive.

👍 0

👎 10

🔗 Share

👤

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AI possible capable

80%

Your compliance score

microsoft.com

👤

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Apply

r/explainlikeimfive

Join

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Explain Like I'm Five is the best forum and archive on the internet for layperson-friendly explanations. Don't Panic!

📅 Created Jul 28, 2011

🌐 Public

3.5M

Weekly visitors

21K

Weekly contributions

COMMUNITY BOOKMARKS

Detailed Rules

REQUEST AN EXPLANATION

# Other

 Reddit



Posted: Oct 27, 2020

 System ID: [674691](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/explainlikeimfive/comments/jjg7r0/why\\_is\\_there\\_not\\_a\\_separate\\_word\\_for\\_lar  
ge/](https://www.reddit.com/r/explainlikeimfive/comments/jjg7r0/why_is_there_not_a_separate_word_for_lar_ge/)

*After DOI*

Subject's post in "explainlikeimfive" subreddit has been removed.

reddit

🔍

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Search in r/explainlikeimfive

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- 🏙️

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Farm Merge Valley
- 🎮

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⏪

ELI5

r/explainlikeimfive • 5y ago

ribbit\_reddit\_girl

⏩

Why is there not a separate word for large numbers? (Read text) #eli5

Mathematics

📄

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🚫

Sorry, this post has been removed by the moderators of r/explainlikeimfive.

👍 1

👎 0

🔗 Share

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**Explain Like I'm Five | Don't Panic!**  
Explain Like I'm Five is the best forum and archive on the internet for layperson-friendly explanations. Don't Panic!

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🌐 Public

3.5M

Weekly visitors

21K

Weekly contributions

COMMUNITY BOOKMARKS

Detailed Rules

REQUEST AN EXPLANATION

Please search before submitting a post.



# Other

 Reddit



Posted: Nov 05, 2020

 System ID: [674696](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

↗ [https://www.reddit.com/r/Spondylolisthesis/comments/jog79i/new\\_here\\_and\\_could\\_really\\_use\\_some\\_encouragement/](https://www.reddit.com/r/Spondylolisthesis/comments/jog79i/new_here_and_could_really_use_some_encouragement/)

*After DOI*

Subject's post in the "Spondylolisthesis" subreddit seeking encouragement after a car accident gave her chronic lower back aching.

reddit

[r/Spondylolisthesis](#) X Search in r/Spondylolisthesis

[🗄️](#) [🗨️](#) [+](#) Create [🔔](#) [👤](#)

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- S

Syllo

Merge syllables

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- [Manage Communities](#)

RESOURCES

- [About Reddit](#)
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[r/Spondylolisthesis](#) • 5y ago  
ribbit\_reddit\_girl

New here and could really use some encouragement. I'm a 23 yo F. A bad car accident gave me chronic aching in my low back & prevented me from heavy exercise. The MRI showed I have "the spine of a 65 yo" & gr1 spondy. I am so sad and am struggling. How have you all coped?



r/Spondylolisthesis

Join

Spondylolisthesis Support

Welcome to the Spondylolisthesis reddit :) This is a place for you to reach out for advice and comfort for those with Spondylolisthesi...

[Show more](#)

[📅](#) Created Nov 8, 2014  
[🌐](#) Public

[📖](#) Community Guide

**2.9K** Weekly visitors  
**159** Weekly contributions

USER FLAIR

[👤](#) Unique\_Distance\_805

R/SPONDYLOLISTHESIS RULES

- 1 Giving medical advice [▼](#)
- 2 Unapproved survey [▼](#)
- 3 Soliciting or giving suicide advice [▼](#)
- 4 Creating drama [▼](#)
- 5 Post contains personal information [▼](#)
- 6 Watch your language [▼](#)
- 7 Trigger warnings [▼](#)

POST FLAIRS

# Other

	Reddit		Posted: Nov 05, 2020
	System ID: <a href="#">674870</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/jng1lf/comment/gb7o67j/?context=3">https://www.reddit.com/r/Spondylolisthesis/comments/jng1lf/comment/gb7o67j/?context=3</a>		

*After DOI*

Subject commented on a post in the "Spondylolisthesis" subreddit stating that she was considering spinal fusion surgery.

reddit



r/Spondylolisthesis X

Search in r/Spondylolisthesis

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**Syllo** NEW  
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RECENT

- r/Spondylolisthesis
- r/explainlikeimfive

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r/Spondylolisthesis • 5y ago  
kateb1023



# Video Update - Day After Surgery on my L4-S1

If anyone is interested, I made a short video of the day after my surgery from the hospital. It's been a whirlwind and gathering thoughts is hard when on medicine and beginning the recovery process. It's been such a journey but I'm so happy it's finally here! The still picture of the video cracks me up...It's not the most flattering!

<https://youtu.be/IDFuHVfgzsl>

11

5

Share

Share your thoughts

Sort by: Best

Search Comments



ribbit\_reddit\_girl • 5y ago

Thank you so much for posting! I am considering the procedure but nervous about it so definitely will be following your journey.

2

Reply

Award

Share



Funk-E-Buttlovin • 5y ago

This is awesome. Thank you for doing this. I'd love an update in a month or two.

I need my l5-s1 fused and am pretty hesitant.

2

Reply

Award

Share



dirtybadgermtb • 5y ago

Keep the updates coming! Definitely interested is hearing about your recovery over the next weeks and months



kateb1023 OP • 5y ago

I made a couple more updates on my YouTube channel if you're interested.

# f Facebook

f [naomi.baer](#)



Posted: Dec 26, 2021

f System ID: [646125](#)



Captured: Sep 24, 2025

👤 [Naomi Ellen Baer](#)

🔗 <https://www.facebook.com/naomi.baer/posts/10219822573375538:504054624922645>

*After DOI*

Most recent activity: updated profile picture of Subject in a hot air balloon "Every day I search for a feeling that can replicate the pre-Instagram exhilaration of updating my Facebook profile picture"

Naomi Baer's post



Naomi Baer updated her profile picture.

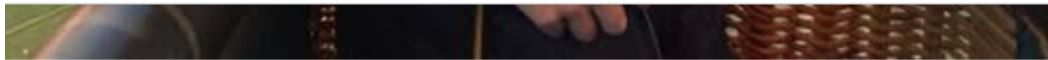
December 26, 2021 · 🌐

...

Every day I search for a feeling that can replicate the pre-Instagram exhilaration of updating my Facebook profile picture



Naomi Baer's post



190

8 comments

Share

All comments

- 

Doug Baer  
Awesome! Soaring ever higher! ...

3y
- 

Ilana Baer  
\*checks every 5 mins to make sure the likes-to-minutes ratio is sufficient\* ...

3y
- 

Sheri Gevurtz Baer  
Matched only by having your family to be the first to like and comment. ...

3y
- 

Wendye Robbins  
You look like you're having so much fun, Naomi. 🥳 Looking forward to our upcoming week of adventures together... ...

3y
- 

Emma Carballo  
Absolutely beautiful!!! ...

3y
- 

Daniel Soroudi  
Such a good feeling 🥰 ...

3y
- 

Sue Meltzer  
Beautiful! ...

3y
- 

Zack Greenstein  
First! ...

3y

# Other

	Reddit		Posted: Mar 02, 2022
	System ID: <a href="#">674875</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/t4jyv2/comment/hz0e7cd/?context=3">https://www.reddit.com/r/Spondylolisthesis/comments/t4jyv2/comment/hz0e7cd/?context=3</a>		

*After DOI*

Subject's Reddit reply indicates that she was a college basketball player who was diagnosed with a pars fracture (genetic) and spondylolisthesis (caused by a car accident).



- 
- [Manage Communities](#)



Edit: Hi everyone, update for anyone who is interested! So between the time I posted this and today I've had another MRI and the results came back recently... The results showed no changes to my spine since my original MRI when I first realized I had a back problem many years ago. So that was kind of a gut punch if you ask me because years upon years have passed, ive tried everything under the sun to help the pain, just to get told nothing had changed inside your body. With that said I talked to a new surgeon and she told me it's time for the Spinal Fusion Surgery at L5-S1. She basically looked at me and said what do you want me to tell you? 4 years ago you came to us for help, we told you to do everything EXCEPT surgery to save your spine because your so young and yet here you are again stating you can't handle the pain anymore, so guess what, surgery is the only option at this point. Now, I'm scared, extremely scared, I'm up almost every night searching for the BEST neuro surgeons in America because im so scared. I'm living in New Hampshire right now btw in so I'm trying to find a top surgeon up here. I also have two more appointments with two other surgeons, so at the end of my journey I'll have gotten 4 different opinions on what I should do. I'm sorry if

reddit

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- r/explainlikeimfive

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you can't handle the pain anymore, so guess what, surgery is the only option at this point. Now, I'm scared, extremely scared, I'm up almost every night searching for the BEST neuro surgeons in America because im so scared. I'm living in New Hampshire right now btw in so I'm trying to find a top surgeon up here. I also have two more appointments with two other surgeons, so at the end of my journey I'll have gotten 4 different opinions on what I should do. I'm sorry if my story is all over the place, I'm still going through a lot right now with numerous appointments, tons of information, and quite frankly it's all very confusing and I feel like I'm losing the battle. Also, I don't feel like I felt a connection with any of the surgeons I've talked too recently, does that make sense? People keep telling me to find a surgeon you feel comfortable with, but what kind of comfortable am I looking for? Am I looking at this wrong? I feel like I'm just another patient to any surgeon I talk too. Ahhh, well, anyways, that wraps up what I've been going through lately. I have more cortisone shots lined up for next week, maybe this round of shots will actually give me some relief. Again, I'm sorry everyone, I feel so lost right now. I'm all over the place and just don't know what to do. I hate that I have to make a life changing decision at the age of 27 that could either ruin my life or make it so much better. I appreciate you all and all of your comments and info. I hope someone reads this and has more of an opinion to calm me down. I'll continue to update as I move forward on this journey to. Thanks for reading everyone, it means the world to me.

15 54 Share

Share your thoughts

Sort by: Best Search Comments

**ribbit\_reddit\_girl** • 4y ago

Don't have an answer but letting you know I'm here with you ❤️ 24 yo and was a college basketball player and 7 day a week athlete for most of my life. Then I got into a car accident and was diagnosed with a pars fracture (genetic) and spondylolisthesis (caused by accident). I'm not even supposed to run anymore and have struggled badly with depression. For me the mental anguish of losing what I love most (intense exercise) has been worse than the constant pain, but that's also been brutal.

I have no answer for you BUT I promise you are not alone, and I know we will get through this and eventually both be pain free.

5 Reply Award Share ...

**Cepheus68** • 4y ago

You have what's called a pars defect at the L5 level. I would give it a good guess it's bilateral. This part of your spine is responsible for "stabilising" your vertebra's against each other. Once you have a break at this spot it leaves your vertebrae susceptible to slipping over the other vertebrae, known as isthmic spondylolisthesis

Have a read of "bilateral pars defect", "isthmic spondylolisthesis".

After DOI

Subject's Reddit reply regarding her past relationship.

reddit

reddit.com/r/relationships/comments/uu9srn/comment/i9f3xrp/?context=3

r/relationships

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r/explainlikeimfive

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r/relationships

4y ago

[deleted]

[deleted by user]

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342

134

Share

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ribbit\_reddit\_girl

4y ago

I was in literally the SAME situation. I was convinced this was my post when I first saw this (although I posted into a dif platform). Literally there must be a gene or something that your BF shares with my ex haha.

I stayed in a similar "loveless" relationship for nearly two years because I felt like I wouldn't find somebody "better". I felt obligated to stay with him because he was so kind and so many people said it's worth being with a guy like that. I eventually broke up with him, and now I just wish I had ended it sooner. I've since dated guys who are less "cutesy" and have flaws but have felt closer to love with them and had more sexual chemistry. Trust me when I say if you breakup you'll find someone you actually love and will release him to find someone he is more compatible with who appreciates his "cutesiness".

2

Award

Share

Aromatic-Charge-2850

4y ago

I think a lot of people don't consider compatibility and might think you're ungrateful, the reality is there's a lot of factors that influence on attraction. I don't know what to tell you because advice you to dump him base on so little info would be inappropriate. Be careful you don't develop "the lck" it happens when we force ourselves to be in a relationship with someone good on paper when our subconscious screams that doesn't want to.

387

Award

Share

Orianaro

4y ago

Yeah, I think the best way to ensure this doesn't happen is that you are always a friend first to your SO. Not necessarily timeline wise, I just mean that you know how to just be friends, and you are fundamentally just best friends. When I am in a disagreement or tired or irritable with my SO I am back into being I treat them as a friend, the negative shuts off for a little while and our friendship returns. And

After DOI

Subject indicates that she has been doing Pilates for two years and considering to get into weight lifting.

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4y ago

TheBestNameIFound

### My 20-year journey, and why I feel better than ever before

I'll share my story.

I have suffered from spondylolisthesis on L5S1 for 20 years already. Had to stop playing football, I couldn't be in a stand up position for long without having pain (eg, just going to a shopping center for a couple of hours was enough to get me in pain for several days), I had back pain everytime I slept on my back, and I had at least 1 crisis per year. I was also obviously afraid to pick up heavy stuff, the risk of triggering a crisis was always big.

Years later I discovered that the kind of insoles I was wearing in my shoes (for back pain relief) were actually making my feet and posture weak, thus making the problem even worse. I switched to minimalist shoes (also when running), started being barefoot whenever I'm at home, and re-learned how to rest in a squatted position.

This has helped a lot, but hasn't fixed the pain entirely. My posture was better, but still not great. I still had some occasional crisis, and pain, specially when sleeping on my back. I was sleeping with a pillow underneath my knees / legs for years, to minimize the APT (Anterior Pelvic Tilt).

During all these years I've always been phisically active (running, bike, gym, tennis,...). However, I've also always worked at a desk, and I spent most of my days sitting.

Fast forward to 2021. I decided to start doing exercises after gaining weight due to Covid. I bought kettlebells and learned how to properly do Swings, Turkish Get Ups, squats, and also overhead stuff like presses. For the first time in may life my lower back, glutes and hamstrings are strong and constantly engaged. I feel I have a new posture (I now can contract my muscles and feel that my posture is good, I didn't have that awareness before). I no longer need to sleep with the pillow, as my glutes are stronger they no longer allow the body to fall into the APT position. I now work on a standing desk at the office the entire day (I just sit for lunch), and feel no pain at all.

In summary, training with kettlebells was crucial for me to reenforce the posture muscles that were asleep all these years (essentially, all the muscles in the back side of the body). There's something really good about these movements that make the muscles stronger while working together, instead of working different body parts in isolation. I did calisthenics for a while before training with kettlebells (mostly upper body stuff), and even though it made me much stronger, I didn't get any of these benefits.

If I could recommend 1 exercise only for good posture and back pain relief, that'd be Kettlebell swings. They literally changed my life for the best. Start with a low weigh, do many series of 10 reps (instead of few series of higher reps), and most importantly, learn how to do them properly! I got injured by using bad technique, please do not disregard this point. Watch YouTube videos, film yourself, get a coach if needed.

Glad if this can be helpful to anyone. It took me a long time to figure out something that should have been obvious from the start - you need strong muscles and great posture, especially if you have back issues.

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**ribbit\_reddit\_girl** • 4y ago

Thank you so much for posting such positive news - this made my month to read!! 🙏

I've been doing consistent pilates for like 2 years and getting like 6/10 results but have been debating cancelling my CLASSPASS for a gym membership to get more into weights. Everyone is different obviously but your post seems to support that switching to a gym may be the right decision.

Did you have any changes in body comp / weight throughout this process, and if so how did that impact your pain levels?



3



Reply



Award



Share



**TheBestNameIFound** OP • 4y ago

Nothing substantial, as I only needed to lose a couple of kg. Actually, your body composition doesn't need to change much. If you train consistently, in a couple of months your muscles will just become stronger without getting bigger. I was never overweight, so I can't say how much that impacts the pain.

I did notice that my legs and glutes muscles are now toned and harder to the touch, and I definitely got stronger, but not to the point where other people (or the bathroom scale) notice any change.



1



Reply



Award



Share



**themodernbachelor12** • 4y ago

Kettlebell work has definitely supported me as well. Don't have to go full kray kray but so many good exercises



4



Reply



Award



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Rec

Rec

After DOI

Subject's post in the "Spondylolisthesis" subreddit seeking advice to improve her quality of mental health.

reddit

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r/Spondylolisthesis • 4y ago ribbit\_reddit\_girl

Mental health advice?

Hi friends :) 25F with G1/G2 spondy. To be honest the most difficult part of this condition for me has been its effect on my mental health. I can push through my own pain, whatever. But the discomfort/pain and limitations on my workouts have severely impacted my mental health. I also get panic attacks when I stress out about how it's degenerative.

I am desperately hoping to hear from someone who (even with discomfort or pain) has been able to achieve the same quality of mental health as before their pain started. Please give me advice if so ❤️

4 5 Share

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Zoocitykitty • 4y ago

To be honest, I have to think that I'm never alone in this and that other people are dealing with this as well. I try not to compare because we are all individuals, but when I get depressed, I reach out on my groups and do exactly what you are doing. I also find that finding things I can do rather than I can't do helps me not to feel as hopeless. I find things about my day that makes me happy and I realize that this is my life and I can either live it the best I can, or constantly be depressed due to thinking of how bad I feel, or how my life has changed. I still have really bad days, but rest and letting my emotions out helps greatly. Also, ask your Doctor about meds for anxiety. I take Lorezapam which Doctors don't like giving, but there are other meds that they might can prescribe you. ❤️

1 Reply Award Share

WoodeeUK • 4y ago Moderator

In the UK we have mental health services attached to our chronic pain unit which is what I asked for help from.

1 Reply Award Share

granillusion • 4y ago

I might ask have you ever had the ability to get out of mental health sessions? If not then I am sure that

r/Spondylolisthesis

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Spondylolisthesis Support

Welcome to the Spondylolisthesis reddit :) This is a place for you to reach out for advice and comfort for those with Spondylolisthesi...

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Created Nov 8, 2014 Public

Community Guide

2.9K Weekly visitors 159 Weekly contributions

USER FLAIR

Unique\_Distance\_805

R/SPONDYLOLISTHESIS RULES

1 Giving medical advice

2 Unapproved survey

3 Soliciting or giving suicide advice

4 Creating drama

5 Post contains personal information

6 Watch your language

7 Trigger warnings



 Reddit

Posted: Jun 11, 2022

System ID: [674884](#)

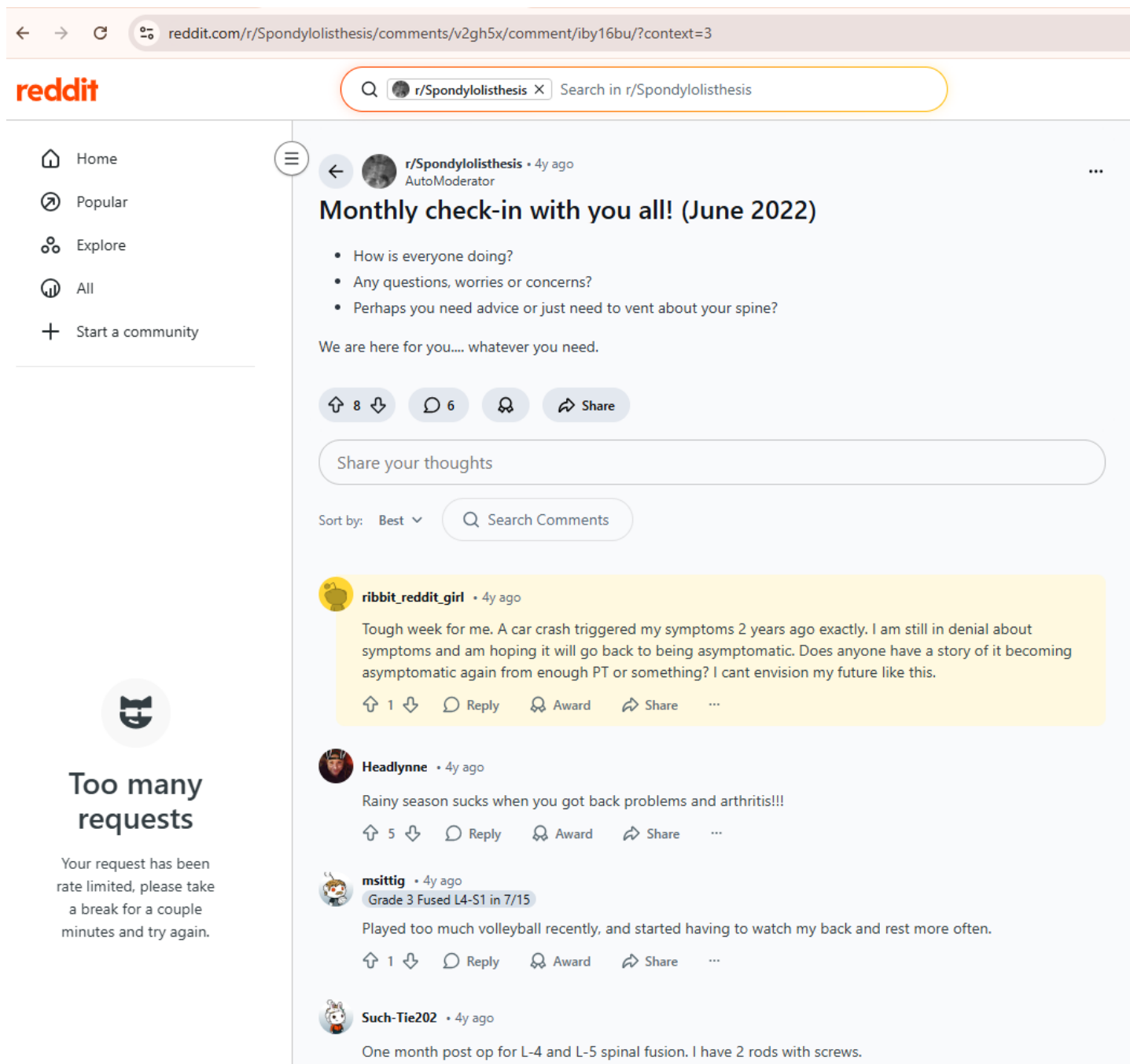
Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

↗ <https://www.reddit.com/r/Spondylolisthesis/comments/v2gh5x/comment/iby16bu/?context=3>

*After DOI*

Subject's Reddit reply regarding a car crashing two years ago triggering symptoms.



After DOI

Subject's post in the "Radiology" subreddit has been removed.

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🔍 r/Radiology • 4y ago

ribbit\_reddit\_girl

🔒 ...

Anyone know what's going on with this spine?

🔒 Locked post. New comments cannot be posted.

🚫 Sorry, this post has been removed by the moderators of r/Radiology.

👍 0 🗑️ 3 ➦ Share

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👤 DamnGrackles • 4y ago

RT(R)(V)

Rule 1.

👍 12 🗑️ ➦ Share ...

🟢 AutoModerator MOD • 4y ago

Medical advice is not allowed in r/radiology. This includes posting / commenting on personal imaging exams for explanation of findings, recommendations for alternative course of treatment, or any other inquiry that should be answered by your physician / provider.

I am a bot, and this action was performed automatically. Please [contact the moderators of this subreddit](#) if you have any questions or concerns.

r/Radiology

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📅 Created Dec 1, 2008

🌐 Public

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👤 Unique\_Distance\_805

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7 Foreign Body Fridays ▾



# Other

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	System ID: <a href="#">674889</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/vfiedf/comment/iczk3zz/?context=3">https://www.reddit.com/r/Spondylolisthesis/comments/vfiedf/comment/iczk3zz/?context=3</a>		

*After DOI*

Subject's Reddit reply regarding her grade 1-2 spondy. In this reply, she states that she would prefer natural treatment to avoid drug dependence.

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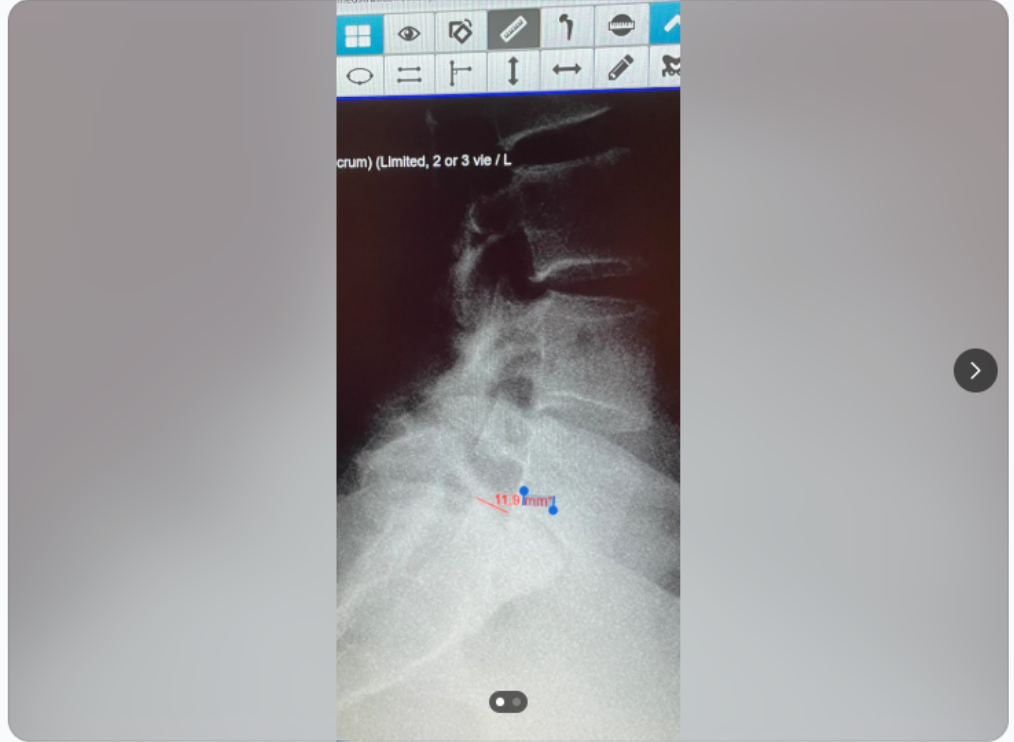
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r/Spondylolisthesis • 4y ago  
mobutler4



## Spondylolysis and spondylolithesis. Surgery?



3



9



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Weekly-Direction-465 • 4y ago

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Weekly-Direction-465 • 4y ago

I am 55 and in the same situation as you! Long story short, I've had it for years and prior to 2009 didn't even know it. Doctor said I was probably born with it 🙄. Basically, PT has helped tremendously - PT should be familiar with this condition or it could make it worse. I also do acupuncture, and cupping which I just love. Yes, i had to adjust my workout lifestyle, no crazy jumping, rowing etc. I continue to strength train daily, working my core and strengthening and stretching the hips. It is very much all connected - core, hips, abdomen etc., and can set that spondy off. I basically know what will set it off at this point. Last week, I was dancing and on my feet for hours at my sons graduation. I can't home sat down, and I could feel that my back was cranky. I expected it. I did some of my stretches, took my Tylenol ( for the pain ) and Advil ( for the inflammation). I don't love having to take meds, but it is what it is and reduces the e so I can go about my day. I went to a pain mgmt doctor, and basically have them on call, should I ever decide I want to get a cortisone shot. That is my last resort. I prefer to manage it as I am. Also, I use a great CBD pain relief cream from equilibria - which is just great. It's definitely a adjustment in lifestyle sometimes, but I refuse to let it win!!! 🙌.



2



Reply



Award



Share



ribbit\_reddit\_girl • 4y ago

Just wondering, why is cortisone shot your last resort? Just wondering bc my pain doctor said there's no downsides of it so I have my first one scheduled in a few weeks. 25F with grade1-2 spondy and also would prefer to treat as naturally as possible to avoid drug dependence this young



1



Reply



Award



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After DOI  
Subject says her pain doctor recommended Cedars Sinai.

reddit

reddit.com/r/Spondylolisthesis/comments/vetkps/comment/idn1dl4/?context=3

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r/Spondylolisthesis • 4y agoRKactive

Neurosurgeon VS. orthopedic surgeon

Hi, anyone on here from Los Angeles that can suggest a Neurosurgeon they worked with and had success? I've seen an Orthopedic Surgeon Dr. Nomoto at Cedars Sinai and really liked him, he has an excellent reputation but he's an Ortho and I would love to get a 2nd opinion from a Neurosurgeon. I've been researching on line and honestly can't tell one from the other. I have slip apprx 13mm on L5/S1 ant with pars defect and degenerative dis disease. I have symptoms that are chronic down my left leg but manageable. I anticipate having to do surgery in the next few years. Thank you in advance.

35Share

Share your thoughts

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ribbit\_reddit\_girl • 4y ago

Thought this was me literally same exact situation. I also go to Cedars and heard great reviews about (and consulted with) Dr. Perry. I almost went forward with a procedure with her but decided to wait. My pain doctor recommended her

1ReplyAwardShare

RKactive OP • 4y ago

Very helpful, thank you!

1ReplyAwardShare

After DOI

Subject uploaded a photo of street signs to the "Transit" subreddit.

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r/transit • 3y ago

ribbit\_reddit\_girl

This can't be legal 🤔 can anyone interpret this!?



161

44

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A subreddit for discussion on transit systems and transportation all over the world: including buses, trains, trams, streetcars,...

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Unique\_Distance\_805

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u/shimei (Mod)

u/cargocultpants (Mod)

u/HighburyAndIslington (Mod)

u/oaksear (Bike Lanes Now)

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# Other

 Reddit



Posted: Jul 26, 2022

 System ID: [674711](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

↗ [https://www.reddit.com/r/Spondylolisthesis/comments/w8turm/does\\_anyone\\_else\\_have\\_seemingly\\_disfigured\\_discs/](https://www.reddit.com/r/Spondylolisthesis/comments/w8turm/does_anyone_else_have_seemingly_disfigured_discs/)

*After DOI*

Subject uploaded a photo of a spine x-ray and asked users in the "Spondylolisthesis" subreddit if they knew what could cause disfigured discs. In the comments, Subject states that she was in a bad car accident and is a former college athlete.

reddit

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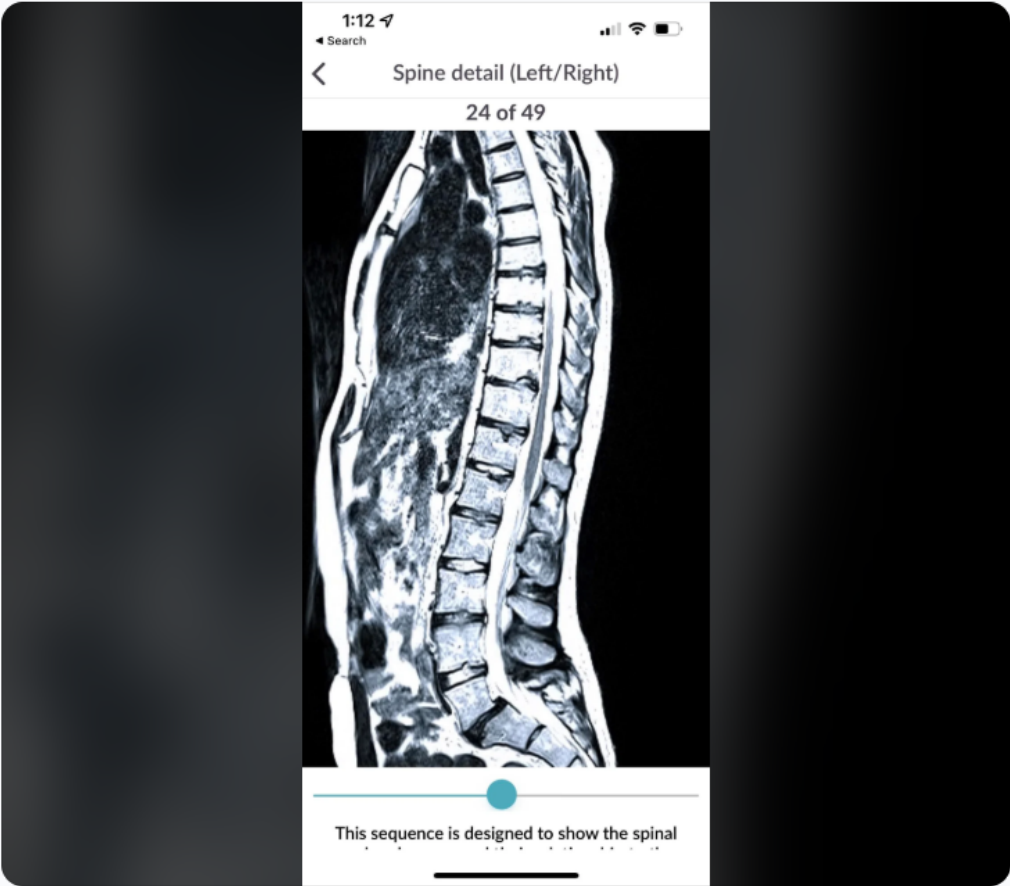
👤

r/Spondylolisthesis • 3y ago

ribbit\_reddit\_girl

...

Does anyone else have seemingly disfigured discs or know what causes them?



👍 6 👎

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**ribbit\_reddit\_girl** OP • 3y ago

Following up to my picture:

Is it from the spondy (L4/L5)? None of my doctors comment on it and I don't know what type of specialist/doctor might be able to help. Thanks so much for any input. If relevant, I'm 25F and was in a bad car crash and also am a former college athlete.

1 Reply Award Share ...

**[deleted]** • 3y ago

Not a doctor, but based on what I'm currently going through with anterolisthesis (L5/S1):

You're going to want to talk to an orthopedic specialist, or spine specialist. If you're having pain that significantly impacts your day they may send you to pain management and physical therapy as well

1 Reply Award Share ...

**fusionfarm** • 3y ago

They're called Schmorl's Nodes.

[https://en.m.wikipedia.org/wiki/Schmorl%27s\\_nodes](https://en.m.wikipedia.org/wiki/Schmorl%27s_nodes)

Usually they are ignored because something more serious is prominent.

3 Reply Award Share ...

**themodernbachelor12** • 3y ago

Different perspective.....

( man that back looks great ) I'll post my xray sometime.....car crash and some other stuff totally gnarly . Yet still doing pretty darn great

1 Reply Award Share ...



# TikTok

[@tiktokstarnaomi](#)



Posted: Sep 09, 2022

System ID: [645653](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7141570457106451754>





*After DOI*

First available content: Video of Subject and associates at a restaurant; she was seen dancing, while seated, and holding a drink "FYP"



[Link to download video](#)

# Other

	Reddit		Posted: Mar 11, 2023
	System ID: <a href="#">674899</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/11o6500/comment/jbs4ibe/?context=3">https://www.reddit.com/r/Spondylolisthesis/comments/11o6500/comment/jbs4ibe/?context=3</a>		

*After DOI*

Subject commented on a deleted post in the "Spondylolisthesis" subreddit. In the comment, she states that she is on the fence about surgery.

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ribbit\_reddit\_girl

• 3y ago

What surgery did you get and how old are you? Please keep us updated. I've been on the fence about surgery for a while now.

⊖

↑ 1 ↓

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super\_nice\_shark

• 3y ago

I had the 360 fusion on L5/S1. I'm 44.

↑ 1 ↓

💬 Reply

🏆 Award

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...

🐶

SMVM183206

• 3y ago

Glad to hear you're doing better. I think I'll be okay with a little extra depression. I'm used to it at this point

😬

↑ 4 ↓

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After DOI

Subject says she is uncomfortable every day and had to switch careers to something less strenuous.

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r/Spondylolisthesis • 2y ago

ItsABuggs-Life

When is surgery necessary?

Need Advice

I go back and forth on if I'm ready or not. But I've also been told if i put it off too long then the recovery/outcome can be worse. Any advise/stories would be very helpful

4 6 Share

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ribbit\_reddit\_girl • 2y ago

Dumb question... but what do you think it means to "manage" it? I'm basically uncomfortable every day and had to switch careers to something less strenuous because sometimes I simply have terrible days and can't work. That being said, it's not like I'm in excruciating pain 24/7, it's just dramatically decreased the quality of life. It's such a hard decision and I'm scared surgery may make it worse but idk

3 Reply Award Share

ItsABuggs-Life OP • 2y ago

I am in the same boat. It has taken a huge toll on my life. I feel like I hardly get to live because it's hard for me to walk for very long and now even sitting kills me. Some days are better than others but surgery still terrifies me.

4 Reply Award Share

MurkyReplacement5081 • 2y ago

I started having problem walking about a year ago. Before that lots of pain that I just dealt with by taking Advil and using ice and heat all the time. I am now forced to lie down a lot of the day because it hurts to sit or stand. I was referred to a neurologist who referred me to neurosurgeon who said that I needed cervical and lumbar fusions. I had a PLIFon cervical spondy in Jan. I am having L4-L5 fusion on Thursday. I have a synovial cyst there and arthritis everywhere. I have herniations everywhere. I can relate so much to your post. I just retired from teaching today as my disability has been approved. I feel a bit more shattered than I did from breast cancer, tbh. Praying for you.

2 Reply Award Share

After DOI

Subject's replies regarding supplements and non invasive treatments.

reddit

reddit.com/r/Spondylolisthesis/comments/14nukql/comment/jsoaau0/?context=3

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r/Spondylolisthesis • 2y ago

AutoModerator

Monthly check-in with you all! (July 2023)

Moral Support

**A reminder:** This is a subreddit for those diagnosed with or have queries about Spondylolisthesis. At no point should you use information here to diagnose yourself or others. This should **always** be done by a medical professional.

However, we are here to give you moral support & advice on where this condition takes you, whether it be surgery or other treatments. This condition is hard and don't feel bad about venting.

- How is everyone doing?
- Any questions, worries or concerns?
- Perhaps you moral support or just need to vent about your spine?

We are here for you.... whatever you need.

**A REMINDER**

**Please add labels to your posts to make them easier to find at first glance for other reddit users. If you have any other suggestions for labels, please let me know.**

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spacecake-jedi • 2y ago

Diagnosed with degenerative spondy (grade 1) and have been following the physio (PT) route per guidance from the Ortho (spine doctor). At the same time, I also have been "educating myself" on non-surgical approaches to Spondy. Books, websites, this space, etc... One of the things I found, is the "Retrain Back Pain" website (retrainbackpain.com). After reading/listening/watching to all the "Retrain Back Pain" website/podcasts/videos/blogs, I decided to sign up for the associated "Back Rehab Boss Online Program". I am taking it slowly (it's self paced) and really enjoying everything I've learned thus far.

I am hopeful, but would intensely like to wave a magic wand and have The Spondy simply disappear ;) .....!

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- I am hopeful, but would intensely like to wave a magic wand and have The Spondy simply disappear ;) .....!
- 4   Reply   Award   Share
- ribbit\_reddit\_girl** • 2y ago
- Keep us updated how this goes!!! Very interested in those non invasive options.
- 2   Reply   Award   Share
- spacecake-jedi** • 2y ago
- I am loving the Retrain Back Pain program. It is having a massive impact. Helping me reframe how I think about daily movement - just great
- I've also brought in Turmeric supplement which is helping me not reach for ibuprofen! Oh and tons more hydration.
- 3   Reply   Award   Share
- ribbit\_reddit\_girl** • 2y ago
- Thank you so much!!! I will look into that program now and immediately get turmeric supplement. I also really recommend Magnesium Glycinate before bed.
- 2   Reply   Award   Share
- spacecake-jedi** • 2y ago
- I take Magnesium too! I take Magnesium Gluconate (it's what my neuro recommended) I am going to try taking it before bed v/s at breakfast. I've read that people recommend it as a before bed supplement. Sounds good to me!
- For Turmeric - I take the brand, Youtheory Turmeric Curcumin Supplement with Black Pepper BioPerine. I take that one b/c, again, it's what my neuro recommended!
- 1   Reply   Award   Share

After DOI  
Subject competed a university survey.

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reddit.com/r/Spondylolisthesis/comments/15it8d5/comment/jv01iwn/?context=3

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2y ago

...

Seeking help for uni project!

Sorry, this post was deleted by the person who originally posted it.

9

11

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ribbit\_reddit\_girl

2y ago

Done thank you!!

2

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exclaim\_bot

2y ago

Done thank you!!

You're welcome!

2

Reply

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[deleted]

2y ago

Thank you for taking the time to fill out my survey, I really appreciate it!

1

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WHY-not-Me2000

2y ago



# Other

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	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/168nikp/comment/jz1dprl/?context=3">https://www.reddit.com/r/Spondylolisthesis/comments/168nikp/comment/jz1dprl/?context=3</a>		

*After DOI*

Subject says that she is in a constant "discomfort" after being born with a pars defect but didn't know it until a car accident triggered or created my spondy.

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ELI5 r/explainlikeimfive

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r/Spondylolisthesis • 2y ago

Sufficient\_Listen\_39

Is surgery worth it ?

Need Advice

1/2



In 2018, while I was a senior in college, I was diagnosed with a grade 2 pars defect, spondy. I was a competitive cheerleader all my life and this is a common injury amongst cheerleaders. In my final cheer days, I started having mild back pain but ignored it. Finally one day while in the shower I bent over and my back finally gave out. It was the worst pain I ever felt.


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cheerleader all my life and this is a common injury amongst cheerleaders. In my final cheer days, I started having mild back pain but ignored it. Finally one day while in the shower I bent over and my back finally gave out. It was the worst pain I ever felt.

This is the short version of my journey, but since then I've done 2 rounds of PT (each within a year a part) gave up high intensity workouts like weight lifting and F45 and switched to Yoga. I don't do it often but I also try to get massages every now and then to relax the muscles.

Long story short, yoga has been the best thing for my back. The beginning was difficult trying to strengthen my pelvic floor and obviously loosen my back up. Being a formal cheerleader, my flexibility came back quickly and mobility significantly improved more than any PT could do for me. Ill never be as flexible as I once was, but I can even go upside down and bend my back, with limitations of course. I don't recommend this to everyone, this is just my experience.

That being said, of course I will never be normal. I still have dull pain every single day especially standing or sitting for long periods of time. And the leg numbness is subtle, but enough for me to notice. Despite my significant improvement, I still wonder if surgery is in my future and if so is it worth it? Is it invasive? Am I going to come out worse than going in?

Im happy where I am, but I feel like everything I do is a bandaid. Just temporary therapy. I never be truly cured even with my improvements.

👍 11


💬 28

👤

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 **ribbit\_reddit\_girl** • 2y ago

I'm also 26 and have the exact same questions. I was a college basketball player and was born with a pars defect but didn't know it until a car accident triggered or created my spondy. I'm in near constant "discomfort" and sometimes get numbness down my left leg. I cant do any of the high intensity exercise I used to do without flair ups. I am so unbelievably conflicted on whether or not to get surgery. Like, I'm not in enough pain that I NEED it, but also my quality of life sucks compared to where it used to be. I am also still unclear whether surgery brings you back to 100%, or if it just makes you less uncomfortable most of the time. I'd risk it for the former but not the latter... I think. Anyways, I don't have answers but I very much empathize with your situation. Please keep me updated with what you decide 🍷


👍 5

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 **Sufficient\_Listen\_39** OP • 2y ago

After DOI  
Subject says she did not qualify for Pars Repair because her spondy had slippage.

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r/Spondylolisthesis • 2y ago

[deleted]

Direct Pars Repair

Need Advice

I have a pars defect and grade 1 spondylolisthesis. I've been doing some light reading about direct Pars Repair (bucks technique). Has anyone here tried this surgery before or know of anyone in the DFW area that performs it? Seems strange that lumbar fusion is the first suggestion.

3

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ribbit\_reddit\_girl • 2y ago

I was asking my doctor about it as well for the same reason. Felt like it was a much less invasive option than jumping straight to fusion. He told me I didn't qualify because my spondy had slippage, and it's only really a potential option if you catch the pars defect young or before any slippage happens.

I hope they advance the procedure so it one day becomes an option!!

3

Reply

Award

Share

Grand-Expression-493 • 2y ago • Edited 2y ago

Grade 3, L4-L5 PLF

Not a doctor, but I would think a bone fracture repair would require the affected patch on bone to be steady so that the bone actually heals and fuses... That's why fractures of say the arm, get a sling and the arm is incapacitated for the duration.

The pars is a bone of the back, which unless you were completely bed ridden, I don't see how it can be repaired without the fusion technique.

Anyone else who knows more than me care to weigh in? This is interesting.

2

Reply

Award

Share

[deleted] OP • 2y ago

Yeah I would think the same. I did read they use two screws as well to secure thing but idk how to

After DOI

Subject talks about her spondy, discomfort, and occasional sciatica and numbness.

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reddit.com/r/Spondylolisthesis/comments/16bqp50/comment/k02x81a/?context=3

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BrilliantExcuse3417

2y ago

1 week post op!

Surgery Diary



I had L4-L5-S1 fused with a cross connector and I'm so happy I got the surgery!

17

27

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ribbit\_reddit\_girl • 2y ago

Can I ask a stupid question? When you say "out of pain" do you mean like you fully feel normal? Or do you feel achy still, just able to live a better quality of life? Trying to figure out what outcome to expect from the surgery :)

2 2 Reply Award Share ...

BrilliantExcuse3417 OP • 2y ago

It's not a stupid question! I really do feel fully normal. In my case I had mechanical instability because of all the pars fractures and my spine was slip and sliding all over the place causing the pain. Obviously I've got surgery pain, but that previous instability pain is gone, I feel solid like a spine is meant to feel. As I had an accident causing my spondy it was a sudden change and then over the course of a year it got worse as the pain worsened I moved less meaning my muscles "got smaller" and I had less core control to keep my spine aligned?

Honestly my life has improved massively and I'm only two weeks out of surgery. I still can't bend lift and twist properly because of the surgery, but that previous awful pain is gone!!

Here's a video link of the first time I sat up. I just kept crying saying I was so happy and you can see the instant relief on my face. I'm trying to make a series to explain the condition of spondy and how it affects life as it's not really talked about.

[the first time I sat up](#)

3 3 Reply Award Share ...

ribbit\_reddit\_girl • 2y ago

That video made me tear up - thank you so much for sharing your experience. I totally agree, there is minimal awareness of it and I am excited to see your series!! :)

I also got spondy from an accident. Sounds like my current state isn't as bad as yours was though. I'm basically in constant discomfort, with occasional sciatica and numbness. Will keep checking in on your journey to take inspiration!! Congrats on getting the surgery completed :)

2 2 Reply Award Share ...

BrilliantExcuse3417 OP • 2y ago

Thank you so much that really means a lot!

Thank you! Honestly I feel like in my case that surgery was the only option and I hope that you find your solution :) if it's PT injections or surgery I wish you good luck!

2 2 Reply Award Share ...

TheGentleBot • 2y ago

After DOI  
Subject's reply regarding MBA.

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reddit.com/r/MBA/comments/16tmyfx/comment/k2jkk31/?context=3

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r/MBA • 2y ago

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Icy\_Feed\_7374 • 2y ago

I feel way less stressed about waiting for the Harvard invites because we have a single date for them, and the date is going to come and we'll know or we won't. I'm finding the schools with rolling interviews much more stressful because the invite could come at any time or never (especially Stanford which seems to have begun releasing invites).

10

Reply

Award

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ribbit\_reddit\_girl • 2y ago

When is the HBS date for releasing interviews? Totally thought they were rolling

1

Reply

Award

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Icy\_Feed\_7374 • 2y ago

Oct 4 at noon Eastern! They just announced

1

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Award

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1 more reply

ClearAdmitMike • 2y ago

Former Adcom

I'm in Year 6 of waiting for them to come out... (its also my job)

21

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[deleted] • 2y ago



After DOI

Subject's post inquiring about New Year's Eve in Cartagena.

reddit

reddit.com/r/Colombia/comments/17e2weo/comment/k9z945m/?context=3

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r/Colombia • 2y ago

WinterConstruction35

New Years Eve 2023 Cartagena

Travel Questions

Hola amigos,

I am so excited to spend New Year's Eve in Cartagena! I have always heard that Cartagena is one of the best places to celebrate the new year in Colombia. But I'll be honest, I am a bit lost.

I would love to celebrate, dance, and see the fireworks. Where do you guys usually go? I've read that there are rooftop parties, dinner parties, and celebrations on the streets. I come from a Nordic country, and I am not sure if I want to spend my New Year's in a closed room, but I'm open to a nice rooftop and open space with music where we could see the fireworks. Is there a public celebration?

Any suggestions or tips?

Gracias!

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ribbit\_reddit\_girl • 2y ago

Also wondering the same thing! Did you figure anything out?

2 Award Share

WinterConstruction35 OP • 2y ago

Not much information out there. There are some pricey dinner and parties at hotels and bars, but not really what i am looking for. I think some people rent tables at squares and people usually go there, sit and have a good time. I am wondering if there is a place where I could watch the fireworks.

1 Award Share

mzBluebird • 2y ago



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System ID: [674938](#)

[Naomi Ellen Baer](#)

<https://www.reddit.com/r/personalfinance/comments/17zbt41/comment/k9ysocx/?context=3>

After DOI

Subject's replies regarding her finances and MBA.

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r/personalfinance • 2y ago

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Financial advise: What would you advise me as a 26 year old?

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Sorry, this post was deleted by the person who originally posted it.

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Corporate-Bitch • 2y ago

That amount in loans would give me insomnia. Do you know what kind of interest rates you'll be paying on those potential student loans? I'd take a second look at your plan and keep more cash in a high yield savings account.

2 Share

ribbit\_reddit\_girl • 2y ago

No idea but thank you that's helpful! Also I should have clarified, if I go back to my current company they'll pay it back over the next 2 years. So I take out the loans but I have a method of paying them back

2 Share

pancak3d • 2y ago

Top 1% Commenter

Why is your IRA in money market and not a long term position?

Not really much else to comment on here. Do you have any specific questions?

4 Share

SeaworthyGlad • 2y ago

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**Top 1% Commenter**

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Not really much else to comment on here. Do you have any specific questions?

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**SeaworthyGlad** • 2y ago

Would you keep your current job while taking classes?

1 Share ...

**ribbit\_reddit\_girl** • 2y ago

No but I could return to it afterwards

1 Share ...

**SeaworthyGlad** • 2y ago

I would do some careful analysis to really be sure spending time away from a high paying job and incurring \$200k of debt/expenses really had an attractively positive ROI.

3 Share ...

[deleted] • 2y ago

**InternationalFan2782** • 2y ago

Need for info. Not withstanding your financial position: You say 200k and two years in the same sentence. How does that all work out. Are you getting a MBA in 18 months and they will repay? That's insane cost. Or are you saying 4 year program reimbursed after 2 years. Also anything over (I think ) like 6k a year is taxable income. Cost, time, reimbursement schedule are important factors.

1 Share ...

**ribbit\_reddit\_girl** • 2y ago

Ah - yes I see why that was confusing. To clarify, I'd attend a 2 year MBA program. Tuition would cost nearly \$200k. Then, I would go back to my job, which would reimburse me for the cost of that tuition over the course of the following 2 years (in addition to salary)

1 Share ...

**InternationalFan2782** • 2y ago

After DOI  
Subject's reply inquiring about someone's relationship.

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reddit.com/r/relationships/comments/1804dvp/comment/ka3h91q/?context=3

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r/relationships • 2y ago [deleted]

[deleted by user]

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ribbit\_reddit\_girl • 2y ago

I'm so sorry — this sounds like a really tough situation. It'd be helpful to understand any conversations to date about the subject. Have you spoken with him about your feelings? Is he aware of your hesitation or not at all?

1 Award Share

[deleted] • 2y ago

redbridgerocks • 2y ago

I would make it clear that you are not ready for marriage. Regarding your relationship, I would make it clear that you are having issues with your relationship to your fiancé. Whether you break up or not, couples therapy would be beneficial. You need to communicate what is wrong in your relationship or when things end it will make no sense to your fiancé and feel like it came out of nowhere. Having a child means that remaining friends/ on good terms will be highly beneficial to all three of you. Communicating what you're going through without destroying your relationship is important (and remaining friends requires that the relationship is not destroyed as it ends).


1 Award Share

Oleanderphd • 2y ago

This sounds really hard. You need to figure out a new plan - marriage is absolutely off the table. You can't have either of your best outcomes unless you delay or cancel the marriage, so absolutely do not. Done.


Tell your fiance that getting out of this situation is a higher financial priority than marriage. If true, tell him that

# Other

 Reddit



Posted: Nov 22, 2023

 System ID: [674715](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/NoStupidQuestions/comments/1811rn/where\\_did\\_my\\_internal\\_monologue\\_go/](https://www.reddit.com/r/NoStupidQuestions/comments/1811rn/where_did_my_internal_monologue_go/)

*After DOI*

Subject's post regarding having a quiet and empty head after a difficult period in her life.

- 
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It could be something you grow out of. I used to get what I once heard referred to as “speed

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**ElephantNo3640** • 2y ago

Any meds?

**ribbit\_reddit\_girl** OP • 2y ago

None!!

**ElephantNo3640** • 2y ago

It could be something you grow out of. I used to get what I once heard referred to as "speed headaches" where my internal monologue would be really loud and bizarrely fast. For years. One day in my early 20s it just stopped happening.

**ribbit\_reddit\_girl** OP • 2y ago

That's so crazy - that feels validating though. I'm 26F so maybe just had a "second puberty" situation when my brain finished maturing. Thanks for responding!

**ElephantNo3640** • 2y ago

Yw. I'm past 40 and stuff seems to change radically every 7-10 years so far. It kind of rules, and it kind of sucks. Lol.

After DOI  
Subject inquired about treating Spondylolisthesis.

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r/Spondylolisthesis • 2y ago

Mkhlmn-1

Manage Spondy without surgery

Tips & tricks

TL:DR I (and am sure others) would love to hear what has been the most successful things that have reduced your overall pain, flare ups, and allowed you to have a more active and normal lifestyle without surgery for those with spondy and flexion/extension intolerance. Specific exercises and reps/sets, programs, meds, movement patterns, tools (tens unit, massage gun, etc) non-fusion medical procedures (dry needling, acupuncture, stim, etc) would be a huge benefit to everyone here!

Hello everyone! 32yo M here that is recently married, works an active job with hard labor involved but also desk work. I used to powerlift and bodybuild in college and lifted heavy and hard for about 12 years. Realized I lived much of my life in spinal extension for multiple reasons. Finally diagnosed with grade 1-2 (unstable) Spondy (anterolisthesis) at L5 on S1 with disk degeneration and a disk bulge with bilateral foraminal stenosis in June 2023. I have done two rounds of PT, tried about a month and half of 15mg Meloxicam per day, had 1 Kenalog L5-S1 epidural injection in August, and now recently started Celecoxib 100mg 2x per day.

Most of my pain is located at the PSIS (bony spot to the left and right of L5-S1) on both sides (more left sided) and at the L5-S1 joint. I don't really have any mere pain down the glutes or legs, nor numbness or lack of strength. I do however struggle with standing, sitting without a good support, and any sort of static bending (specifically forward when static but extension hurts more when done throughout the day).

What helps most to control pain would be spine hygiene, walking, heating pad, cold soaks, and pain creams/roll-ons/patches. I have been studying anatomy, biomechanics, mobility, and more specifically Dr. Stuart McGill like it's my college major and or job.

I'd love to hear everyone and anyone's rehab process they used to manage their pain and flare ups that have spondy and disc bulges (flexion and extension intolerance). Would be awesome to see exercises, programs, links, non-surgical(fusion) procedures, tools, etc to what worked for you!

7

17

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crashcoin07 • 2y ago

Might be controversial, but I've been fighting the pain for solid 12 months, and I've tried gabapentin,


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**eastofliberty** • 2y ago


L5-S1 TLIF + SPO (unstable grade I)


Pilates. Yoga. Walking. Swimming. Rest. Light weights. Cycling. Rollerblading. Posture correction through physio. Theragun. Hot pack. Epsom salts. Ergonomic work set up. Lumbar pillows. Turmeric. Other supplements. CBD and THC.


 8




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**Mkhlmn-1** OP • 2y ago


I feel a bit jealous based on that reply! Need some more info.


How bad had/has your pain gotten and what level of inactivity were you at before you were able to incorporate all of that movement and exercise? What type of pain do you have or had?


Any links to the type of pilates and yoga exercises you do and/or avoid?


What supplements and CBD/Thc products work best for you?


Glad you are so active and thanks for replying!


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**ribbit\_reddit\_girl** • 2y ago


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
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# Other

 Reddit



Posted: Nov 27, 2023

 System ID: [674718](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)


 [https://www.reddit.com/r/legaladvice/comments/185ik58/california\\_employer\\_deceptive\\_or\\_illegal\\_bonuses/](https://www.reddit.com/r/legaladvice/comments/185ik58/california_employer_deceptive_or_illegal_bonuses/)

*After DOI*


Subject seeking legal advice regarding employment bonuses.

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r/legaladvice • 2y ago  
ribbit\_reddit\_girl



# California employer deceptive or illegal bonus structure?

Hi everyone - thanks for your advice here.

I'm a salaried employee in California. My signed employment letter states that I am entitled to "a yearly bonus between 5-25%." This is what I expected when I joined the company.

However, the reality is different. Last year, 0 employees received 25% bonuses, and the executives verbally announced that you actually cannot receive the 25% bonus in your first year. In addition, it turns out that bonus payment for the year is split into 2 equal payments paid out in the following year's February and June, *and* you have to be employed **at the time of the payout**. Put another way, you have to be employed 1.5 years in order to actually qualify for your full annual bonus, and it's actually impossible to get 25% in the first year (even though its stated in the offer letter).

Is this payment structure just deceptive, or is this illegal?



Archived post. New comments cannot be posted and votes cannot be cast.



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After DOI

Subject giving advice to another Reddit user in the Spondylolisthesis subreddit.

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r/Spondylolisthesis • 2y ago

Single-Ad-1699

First flare up in many years

Moral Support

I was first diagnosed with spondylolysis when I was 15, sadly the bracing and PT didn't heal it and it progressed to listhesis. The PT definitely helped a lot though, and then when I got to college I picked up jogging/interval running and my back felt like new for a long time. Almost forgot I had it. This week after a long car trip, I'm having spasms much like that first summer when I couldn't get out of bed nearly 12 years ago, and it's the first time I've had this kind of pain in at least 7. Is this common?

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ribbit\_reddit\_girl • 2y ago

Don't worry you'll be good!! Just take it light for 2 weeks and try to relax and you'll be okay. Short of a crash or similar SIGNIFICANT impact, I don't think anything you could have acutely done would have drastically worsened your condition all at once. This is normal and you're good. Keep us updated!!

3 Reply Award Share

Single-Ad-1699 OP • 2y ago

I appreciate this, thank you.

2 Reply Award Share

ribbit\_reddit\_girl • 2y ago

I gotchu (I relate and get really anxious during flare ups but it always ends up totally fine)

1 Reply Award Share

HotRush5798 • 2y ago

grade 2; L4-S1 PLIF

Yeah

2 Reply Award Share

After DOI  
Subject's post seeking information regarding other's experiences after spinal fusion.

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r/Spondylolisthesis • 2y ago

ribbit\_reddit\_girl

Experience 2 yrs post fusion??

Need Advice

Like the title says, can someone in detail explain how your back/body feels ~2 years after a spinal fusion? Do you actually feel 100% no soreness no issues? Or you still feel sore but don't have bad pain? I know it varies but I'm curious what the best case upside actually is.

6 15 Share

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blubeardpirate • 2y ago

Almost three years here.

Fusion area; very stable. Very little pain from the area. Limited range of motion though. Also have permanent nerve damage from waiting so long. In other words I still have sciatica issues and occasional stiffness.

Still better than I was.

7 Reply Award Share

ribbit\_reddit\_girl OP • 2y ago

Thank you for sharing!! :) Glad it's better now than before surgery!

1 Reply Award Share

[deleted] • 2y ago

Hello! Can I ask how many time you waited before doing the surgery?

2 Reply Award Share

blubeardpirate • 2y ago

Roughly 10 years.

2 Reply Award Share

After DOI  
Subject's Reddit reply regarding HBS.

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r/MBA • 2y ago

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[deleted by user]

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ribbit\_reddit\_girl • 2y ago

Can you make it to both admit weekends? I disagree with these "definitely go to Stanford" posts. Stanford has half the class size of HBS. Even if double the percentage of the class goes into entrepreneurship/VC, that's still equal amounts of people. (Idk the real numbers — statement intended to be illustrative). If family and east coast matter to you then HBS seems like an equally great move!!

For context I'm in the same but opposite boat, with a gut desire to go to HBS but with family bias towards Stanford. I'll be evaluating them at the admit weekends. :) congrats again!!

9 Reply Award Share

Peek-Mince-819 • 2y ago

Can you expand more about your gut desire? Every time I feel about rejecting HBS I feel a little sick, but every time I think about going to Harvard a little voice goes "You moron the clear answer is Stanford". Trying to quantify it... either way yes I agree with admit weekends but it's possible that just makes things more complex...

2 Reply Award Share


[deleted] • 2y ago

Objectively, there is little to no difference between H and S in terms of outcomes. There isn't a single job or opportunity in the world that is offered to GSB grads that isn't offered to HBS grads. At this level, your pre-MBA experience matters more than anything.

One thing to note about Stanford's "prestige" relative to HBS - given the indexing to VC and entrepreneurship, GSB did very well when the economic conditions were more favorable to those fields. That will be the case less now.

After DOI  
Subject's reply regarding her MBA.

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 r/MBA • 2y ago

tiensmiedo

Why do consultants who are already at the post-MBA level go back to get their MBA full-time (if not sponsored)?

Admissions

I'm in a situation where I'm about to hit the post-MBA level at my T2 firm in just a few months and I've been thinking about getting my MBA. I don't really enjoy consulting at all, and I think I'd eventually like to switch into Strategy/Corp Dev or Pre-Sales in tech, so I'm hoping that an MBA might help me stand out from the crowd and reset my career a bit. The only issue with going back full time and paying out of pocket with some combination of savings/loans and scholarships is that financially, it doesn't make much sense at all - I'll be making ~200K with base and bonus each year so the opportunity cost of leaving that is what's holding me back. I've thought about PT as well but I don't think I could swing being in school and working in consulting at the same time, so I'd need to probably find a new job first and with this job market right now, that's easier said than done. I also don't like the aspect of not being able to fully commit to either work or school, but maybe someone can correct me if my understanding is wrong.

Anyone here an ex-consultant who can share their motivations as to why they went back FT? Any regrets?


34

9

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 ribbit\_reddit\_girl • 2y ago


I'm in almost the exact same boat. Im 4 years post-undergrad and already at a post-MBA level (around \$200k total comp) role rn, yet I'm likely going to get my MBA. The cost is nauseating but tbh life is short!!! To me, the value of a whole group of new lifelong best friends plus the opportunity to explore passions for 2 years is worth the near term \$\$ opportunity cost, which is significant but will not ~ACTUALLY~ change the quality of my life. However, my life COULD change with the upside of an MBA network/opportunities/perspective, etc. Idk but just my two cents :)

1

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 gormar099 • 2y ago

have not personally done this but from my friends -- for the fun of the MBA + slight resume booster... certain industry roles prefer/want MBAs

After DOI

Subject seeking advice on managing her SI joint sciatica flair up while flying internationally.

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r/Spondylolisthesis • 2y ago

ribbit\_reddit\_girl

Advice for plane?

Need Advice

Hi friends! I'm currently experiencing my first SI joint + surrounding area sciatica flair up (usually I just have soreness and numbness). Idk what triggered it but I'm freaking out and I also have an international flight in a few days. Does anyone have any recs? I cannot afford business class unfortunately (but maybe one day lol)

4

2

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rocketsahoy • 2y ago

Coccyx cushion and instant ice packs. Best of luck - you have my sympathy. This is usually the combo that works for me in a different seat than I'm used to. And of course, try to stand up and move periodically. Ask your doc about otc meds. I don't want to recommend anything as I'm not a doctor but anti-inflammatories can be helpful if you can tolerate them.

3

Reply

Award

Share

Plastic-Ant-8416 • 2y ago

I had to take multiple trips to India over 24 hour flights few months after my diagnosis. I was in so much pain and with a ton of nerve damage.

I would recommend Standing a lot. If you can carry a yoga mat, you can roll it out and lie on it and do stretches during layovers.

Hydrate well. Do stretches after your flight. And if there is any flare ups that my doctor prepared me for- keep some tylenol etc handy. And he said it was normal

2

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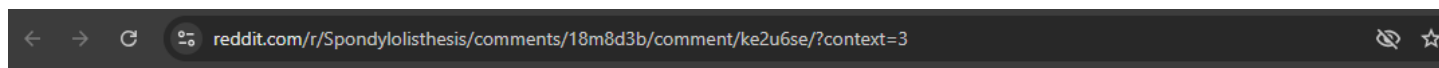
System ID: [674944](#)

 [Naomi Ellen Baer](#)

↗ <https://www.reddit.com/r/Spondylolisthesis/comments/18m8d3b/comment/ke2u6se/?context=3>

*After DOI*

Subject showed interest in working out after injury.



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colinjames1234

## Working out

Need Advice

Anyone with a I5s1 fusion that went back to working out like they did prior to getting injured?

I'm talking about squats, dead lifts and any real hinging at the hips movement.

I only have a grade 1 spondy with bilateral pars and my dr thinks I will benefit a lot from a fusion in regards to doing what I used to do.

Part of me is also scared to get it done because what if it doesn't fix any of my issues.. I always find a mixed bag of responses when it comes to fusions 🤔

 6
 
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ribbit\_reddit\_girl • 2y ago

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[deleted] • 2y ago

3 months out from PLIF L5-S1. Just did my first hang cleans with an empty barbell today. I've benched 85lb for multiple sets of 5, little discomfort but very tolerable. I also pressed 55lbs overhead for 3x5reps for the first time today and it felt totally fine. I'm still a little nervous about deads and squats, but mostly because of hyper mobility in my hips/legs making controlling the movements a little more difficult. I have plans to try trap bar deads and some regular back squats probably next week.

Edit: I'm 30F, was a mediocre 5day/week crossfitter. Stuck on the couch for about 6 months preop. Also had a microdisc the level above.






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# Other

 Reddit



Posted: Dec 27, 2023

 System ID: [674737](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/Spondylolisthesis/comments/18s19z4/new\\_symptom\\_glute\\_stinging/](https://www.reddit.com/r/Spondylolisthesis/comments/18s19z4/new_symptom_glute_stinging/)

*After DOI*

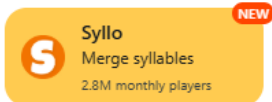
Subject's post regarding a "light stinging pain" in her glutes or surrounding area. In the post, Subject says she was diagnosed with L5/S1 gr1/2 slippage for 3.5 years. She states that she went on a hike and had sex before these symptoms began.

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r/Spondylolisthesis • 2y ago  
ribbit\_reddit\_girl



## New symptom: glute "stinging"?

Need Advice

I've been diagnosed with L5/s1 gr1/2 slippage for 3.5 years. Starting a month ago, after a hike followed by missionary sex, I started feeling a new symptom which I can only describe as "light stinging pain". It occurs usually on one side but sometimes bilaterally either in my glutes or immediately below them. It can last for seconds, minutes, or just happen on/off all day.

This basically hasn't gone away for a month straight. Does anyone else get this or know what it could be?



2



3



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fyodor\_mikhailovich • 2y ago

I have, yes, it could be bforaminal stenosis. are you familiar with the Dermatomes?

[https://upload.wikimedia.org/wikipedia/commons/9/93/Grant\\_1962\\_663.png](https://upload.wikimedia.org/wikipedia/commons/9/93/Grant_1962_663.png)



Calm-Rich-7671 • 2y ago

You might want to get your pelvic floor muscles checked. If they are weak/unbalanced/tight they can make spondy pain worse. A pelvic floor physical therapist can check them, or a knowledgeable gyno.



[deleted] • 2y ago

Super common spot for pain/irritation for your level of spondy. The L5 and S1 nerve roots are responsible for your butt and back of legs. As I've recently learned, nerve pain is WILD and super unpredictable. I never knew that my hip/leg pain was from my back until I got imaging. I always thought it was just a hip problem.



# TikTok

[@tiktokstarnaomi](#)



Posted: Jan 06, 2024

System ID: [645784](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7456975669172686126>

*After DOI*


Showed her outfit in a mirror selfie video; seen lifting her legs/feet "promise to hold the camera more steady next time" #OOTD"

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7456975669172686126 📄 🔍 ☆ 📄 🔍 ⬇️ 📄 📄 📄 📄 📄 📄

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
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Nao 🌟 · 1-6

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
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Posted: Jan 06, 2024

 System ID: [674947](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 <https://www.reddit.com/r/Spondylolisthesis/comments/18z4tku/comment/kgj4042/?context=3>

*After DOI*

Subject states that she was diagnosed with Spondylolisthesis at 23 and has recovered from a torn ACL. She says that physiotherapy and spinal decompression changed her life.

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r/Spondylolisthesis • 2y ago  
Ok\_Trip9238

Feeling hopeless

**Need Advice**

I have been apart of this thread for a while now but my situation feels extremely hopeless. I am a 20M almost 21 who has been dealing with grade 2 L5S1 nerve root since I turned 19. I used to run 45 miles a week and the early symptoms was irritation in my hip which I tried to work through. Pain mainly radiates in hip and hamstring, but my hip is always very tight and I think the disc is pushing out badly on the nerve root. Got misdiagnosed as piriformis syndrome and only aggravated my injury to the point it was grade 2 when I finally couldn't handle the pain of sitting and standing. Been mentally exhausted for the past 2 years and suffered an acl stretch during my rehab that required me to get the surgery. My rehab was going decent with a lot of core strengthening and my swimming getting pretty strong but after needing time to recover for my acl tear, my hip pain has never been worse, my hamstring is constantly tight, and I can't progress as well for my acl recovery since small things like the elliptical and stair master aggravate it so badly. I took up swimming which helped a bit but I miss running so much and it feels like I'm deprived of my life now. I have a steroid injection coming up next week but honestly even those terrify me. Scared I'll need surgery soon and I've heard if you get one spinal fusion, it's going to be 3+ surgeries onward. Don't know what to do and really looking for anyone that's found relief in some way, because I don't go a single day without pain.

5

14

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ribbit\_reddit\_girl • 2y ago

26F and also have spondy (dx'ed at 23) and have recovered from a torn ACL. I was a college athlete before my pain set in, and i desperately miss running and intense athletics as well. I'm concerned about surgery for all the same reasons as you but am optimistic we'll both find a fix — either surgically or other means. Dont have a solution but you're not alone.

BTW - physiotherapy and spinal decompression literally changed my life. I would look into it? I personally loved Santa Monica Spinal Stenosis center if you have a similar place near you

1

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Ok\_Trip9238 OP • 2y ago

Will def look into it. thank you! Is spinal decompression therapy something you have to continue



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**ribbit\_reddit\_girl** • 2y ago

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**Ok\_Trip9238** OP • 2y ago

Will def look into it, thank you! Is spinal decompression therapy something you have to continue forever?



1



Reply



Award



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**ribbit\_reddit\_girl** • 2y ago

Sorry for late response. No idea but I don't think so? I would do your best to stop thinking in "forever" terms. I used to do the same thing and the whole concept of "forever" filled me with anxiety all of the time. Like...injections forever?? PT forever?? On and off pain forever?? Ahhhh!!!!

The reality is new treatments or cures for our condition will likely be developed in our lifetime. We don't know when. To be dark...it's also possible we simply die of some random or unrelated cause while we're still young, so it's a complete waste of time to be worried about how spondy will impact us when we're old. All we can do is continuously optimize for what is best right now. :)



1



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After DOI  
Subject's post showing interest in TOPS.

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reddit.com/r/Spondylolisthesis/comments/1906742/comment/kgqtc51/?context=3

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slightlyseven

TOPS is now FDA approved, is there any more info?

Need Advice

I'm curious if anyone has any knowledge of or personal experience with the TOPS device now that it has been FDA approved. Is it possible (or established practice) to use this in combination with a typical fuse, for instance TOPS for L4-L5 with a fuse for L5-S1? Seems the TOPS can preserve flexibility and range of motion, and may even allow for easier recovery.

Anyone know who the specialists are who might be able to answer these questions?

I've been hesitant to go the surgery route, preferring to wait for surgical advancements that don't look like someone stopped by the ACE Hardware on the way to my surgery. Wondering if we might be there and/or closer now. I really miss running and some physical activities that I've had to give up even and hope one day I might be able to do that again, but recognize that will only be a possibility with surgery. Thanks for any help!

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ribbit\_reddit\_girl • 2y ago

Following. Looks like it's only approved for age 35+, fusions at L4+ (meaning me, 26F with an L5/S1 problem, doesn't qualify) so I'm curious how rapidly it's progressing to other ages and zones

1 Reply Award Share

crashcoin07 • 2y ago

I went to Dr in October to see if I qualify for this. I have my follow up to review all the testing/imaging next Tuesday. Although my situation has significantly improved due to my use of wegovy 🥳 ....so now I'm in the quandary of if I qualify, do I still go forward. I'm leaning yes because I can't see insurance signing off on me using wegovy long term as it's not been approved for back pain relief. 🤔

If you're looking for a doctor, just go on their site and they will help you schedule a dr near you who already has the training to do the procedure.

# Other

 Reddit




Posted: Jan 10, 2024

 System ID: [674742](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/Layoffs/comments/193h17s/rejected\\_for\\_unemployment\\_and\\_now\\_no\\_respon  
se/](https://www.reddit.com/r/Layoffs/comments/193h17s/rejected_for_unemployment_and_now_no_response/)

*After DOI*

Subject's post regarding unemployment benefits. She states that she was forced to resign from her consulting job in return for 2 months compensation.

⋮

←

r/Layoffs

• 2y ago

ribbit\_reddit\_girl

...

Rejected for unemployment and now no response?

unemployment

Was forced to resign from my consulting job in June in return for 2 months compensation (this involuntary transition is normal for many consulting companies). I am still not receiving unemployment benefits because the department rejected my first claim and have since been unresponsive to my appeals.

Has anyone experienced this and does anyone have advice on how to get their attention and get my payments? I live in CA.

5

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wyocrz

• 2y ago

I live in Wyoming and worked out of Colorado. I got laid off from my job in Colorado and had issues sorting out where I was supposed to collect UE from.

Guess which state was absolutely helpful and which one did nothing to help me.

1

Reply

Award

Share

...

mutedexpectations

• 2y ago

It's hard for an employer to deny your UE benefits. Most times you just need to contest than denial. Your case may differ.

4

Reply

Award

Share

...

sprtpilot2

• 2y ago

You were not "forced". You resigned (and were compensated for it). This is a disqualifying event.

7

Reply

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...

ribbit\_reddit\_girl

OP

• 2y ago

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you were not forced . You resigned (and were compensated for it). This is a disqualifying event.

7 Reply Award Share ...

ribbit\_reddit\_girl OP • 2y ago

The alternative was to get laid off with no severance. They said quit and get 2 months severance, or we lay you off with no severance. I'm pretty sure this still qualifies?

2 Reply Award Share ...

Visual-Effect-3340 • 2y ago

Does it say on you documents that is voluntary or involuntary

2 Reply Award Share ...

ThickWing • 2y ago

Talk to your state rep. They can help.

1 Reply Award Share ...

Effective\_Vanilla\_32 • 2y ago

i got a call from edd abt my appeal 3 days after i mailed my written appeal.

1 Reply Award Share ...

ribbit\_reddit\_girl OP • 2y ago

And then they approved it?

1 Reply Award Share ...

Effective\_Vanilla\_32 • 2y ago

my appeal was regarding a reinstatement of a suspended weekly benefit. during the phone call, the claims adjudicator reinstated my benefit after determining that i qualified for the benefit.

1 Reply Award Share ...

After DOI

Subject replying to various people about Spondylolisthesis.

reddit

reddit.com/r/Spondylolisthesis/comments/192zrcv/comment/kh8jj77/?context=3

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r/Spondylolisthesis • 2y ago

Southern-Moment-1194

Surgery after 47 years

Moral Support

I am a 62 yo female. At age 15 I was a pretty good gymnast and fearless. At a state meet, during a difficult tumbling pass .... I found myself floating in the air with amazing height. Determined to "stick it" I landed without bending my knees. Bad decision. A jarring piercing pain exploded in my lower back. The moment of bilateral pars defect. I laid on the mat with the music still playing .... So that was the moment I became a spondy. Fast forward through the years - three pregnancies, lifting and chasing my babies, camping, hiking, biking, Pilates, yoga. I was determined to live my life actively and without surgery. Until the last few months. I slipped to grade II, level 4/5 with the onset of spasms, stiffness, numbness and tingling in lower extremities. A feeling of my numb feet not meeting the floor. This resulted in an odd effect of "rocking" while walking, like I'm in a boat. Over the years my back has "gone out" an average of twice a year, but nothing like this. First surgeon recommended surgery, second opinion recommended same. PLIF with autologous and cadaver bone graft, rod, screw but hopefully no cage. Severe stenosis is crowding the nerves, disk space flattened. I had a good run, 47 years with no surgery, almost got away with it 😊 Any positive stories about great surgical outcomes appreciated!

23

15

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Feralpudel • 2y ago

After ten years of increasing issues I had fusion in my 50s in 2017. The surgeon said I was a good candidate for surgery and predicted an excellent outcome, and he was right. I regained most of my sensory deficits and have many completely pain free days, despite having some spinal crud (facet arthritis, synovial cyst) in addition to the spondy. In recent years I've had some SI pain and stiffness, but that's the bulk of my back issues post-surgery.

The pain relief was dramatic—within just a few days I was far more mobile than I had been before surgery.

I sure hope you have as good an outcome! I think having been active most of my life was part of made me a good candidate.

4

Reply

Award

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ribbit\_reddit\_girl • 2y ago

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...

ribbit\_reddit\_girl

• 2y ago

Can you describe your mobility before and after surgery? Specifically how did it make you more mobile?

2

Reply

Award

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Feralpudel

• 2y ago

I'd had varying degrees of leg pain, numbness, and back pain/spasms for years until about two months before I had surgery, when it suddenly got considerably worse. I could NOT stand or walk without a cane or holding onto something—not even walk across a room. I had pronounced weakness and couldn't even step up on a low curb without help.

By the second day post-op I realized I could stand up straight at the sink to brush my teeth without holding on to the sink. And I marveled at how I could do laps on the ward with the PT with a walker. Obviously I had surgical pain, but it was NOTHING compared to the pain and weakness pre-op.

I just continued to improve from there—all of the leg and back pain were just gone. I could/can stand and walk without pain. The residual weakness I had improved with time and PT.

Six years out I've had some episodes of SI pain and stiffness with a little leg pain and weakness. I still have some residual weakness in my big toe, but that's it.

4

Reply

Award

Share

...

1 more reply

HotRush5798

• 2y ago

grade 2; L4-S1 PLIF

L4-S1 PLIF, almost 2 years post-op, no restrictions, regained all mobility. You've got this.

7

Reply

Award

Share

...

ribbit\_reddit\_girl

• 2y ago

Any pain or stiffness? Or do you literally feel 100% normal?

1

Reply

Award

Share

...

HotRush5798

• 2y ago

grade 2; L4-S1 PLIF

100% normal Rehab is long (6+ months) with focus on progressive strength and conditioning. I worked with a PT whose background included dance and strength training.

4

Reply

Award

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...

After DOI  
Subject asking about someone's' Spondylolisthesis.

reddit

reddit.com/r/Spondylolisthesis/comments/192w58f/comment/kh8le13/?context=3

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r/Spondylolisthesis • 2y ago

C4-C5--it's ruining my life.

Moral Support

Hi ya'll. I was diagnosed in July of this year right before I moved across the country and lost my health insurance. I'm in the process of interviewing for a job that will give me benefits so I can get back on track dealing with this on the medical end of things, but in the meantime I'm trying to manage it myself as much as I can. The slippage affects my entire life. It drains every last ounce energy out of me. It dictates what I can do and how long I can do it for. It severely limits my favorite activities like reading, art, and sewing because tilting my head forward for any amount of time brings on agony that takes hours to calm back down. I started reading on my phone in bed to prevent the problem, but more and more I can't tolerate holding my head in a position in bed that allows me to read the screen of my phone. I spend twenty minutes adjusting my head a fraction of an inch at a time until I get into a position that is comfortable enough that I can fall asleep, and then I wake up again two hours later and have to move again, spend twenty minutes adjusting, wash, rinse and repeat. I wake up exhausted every single day. I have changed pillows a thousand times trying to find the correct one. I apply Sombra (best topical pain relief gel I have ever found) to push back the nerve pain, and I take ibuprofen to take down the inflammation. Even sitting on the couch for any period of time hurts neck. And I certainly cannot ever sit with my head turned or god help me. The only thing that doesn't hurt is standing while looking straight ahead and walking. My life just feels smaller and smaller all the time. I feel so demoralized, like I'll never have any quality of life ever again. The pain has been getting worse over the years, and now it's just intolerable. I'm only 32 years old and I already feel like I'm as limited in what I am capable of in a day as a 90 year old outside of my ability to be completely ambulatory. I have an Honors degree and I'm still waiting tables because it's the only job I can physically tolerate. If I can just keep moving I'm fine, but that cuts out all of the things I find pleasurable and happy. And sleep has even been added to that list.

Lumbar spondy seems to be the most common. Any other cervical sufferers out there? What the hell do you do to keep yourself sane? :(

4 9 Share

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ribbit\_reddit\_girl • 2y ago

I'm so sorry to hear this, it sounds horrible :( is there a viable fusion option at this level or no?

1 Reply Award Share





After DOI  
Subject asks about ALIF surgery.

reddit

reddit.com/r/Spondylolisthesis/comments/194I5ed/comment/khh5gpz/?context=3

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r/Spondylolisthesis • 2y ago

Pain 2 months post L5-S1 ALIF

Need Advice

Hello! 14F L5-S1 spondylolisthesis 4-6mm, 2 months out of ALIF. For background: injury likely from genetics + wrestling, wore LSO back brace for 4 months after diagnosis while completing marching band season. Surgery went well, decently quick recovery and great academic transition back to school. I'd like to hear some of your experiences with ALIF recovery, also opinion on some things. Here's the story: Generally pain-free until winter break. Celebrex had been the only medication, one morning and night until it ran out 3 weeks ago and I figured it was time to start weaning off the meds. The way I remember, it probably went fine until winter break. This pain is out to the left so I'm not sure that it's even my spine. I'd guess it's the same level as sacral vertebrae. I'm trying to emulate this pain that I felt all day today at school and I can't anymore... It hurt 4/10 when I put weight on my left leg, bending forward/sideways, any tiny adjustment in bed hurts. No longer taking ibuprofen unless I'm going somewhere uncomfortable for a long time(shopping, managing wrestling event etc.) Could this pain be from carrying my 15lb backpack? Or is this just a normal stage in recovery? I thought this would subside but now I'm thinking I should ask my surgeon about it and request PT. Please let me know your recovery timeline, also if what I'm describing sounds normal or concerning. Thank you!

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ribbit\_reddit\_girl • 2y ago

Congrats on getting through the surgery, that's awesome and it sounds like it was a success!!

I'm 26F also with L5/S1 spondy and haven't yet done ALIF but am considering (so kinda commenting to follow the post). So I really really don't know anything, but I do know that most surgeries experience some weird sensations afterwards that don't mean anything bad, so I wouldn't worry. That being said 2 months out walking around school with a heavy backpack and not doing PT seems surprisingly early to me? I feel like I'd expect more PT and less lifting at that stage? What was your timeline of recovery so far?

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saliu2 OP • 2y ago

I have elevator access at school and 1/3 of the time, I'm having someone carry my backpack between

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2 1 Reply Award Share



**saliu2** OP • 2y ago

I have elevator access at school and 1/3 of the time, I'm having someone carry my backpack between classes. Before winter break I had someone carrying my things almost all the time, but I thought for a bit that the pain was getting better and wanted to be more independent. I have a full excuse from phys ed and do some pushups at home. I'm not doing any PT simply because my spine doc said she doesn't think I need any therapy, however other responses I've gotten in this subreddit suggest PT is a good idea in general after a surgery, even if there's no issue. I'm definitely asking for a PT referral at my next follow-up, which unfortunately is a while away 😞. Thank you for your response!

1 1 Reply Award Share



**ribbit\_reddit\_girl** • 2y ago

Course!!! Sounds like you're doing all the right things 😊 I'm sure you'll be good in no time!!

Can I ask what you were feeling before the surgery, and if the surgery made it better?

1 1 Reply Award Share



**saliu2** OP • 2y ago

Sure! Although at this point I don't think I can give a very positive review cuz I'm concerned with the pain I'm feeling 😞. Here's a timeline. Around the time I first got injured, every position was painful and I was walking like I needed a cane. I remember making the mistake of attending a wrestling practice when my back didn't feel right and was totally unable to perform. I finished the wrestling season and completely stopped activity and it settled down after around a month. I was only diagnosed with spondy around 3 months after the injury because my primary thought it was a muscle strain. In those 3 months, anything could trigger a little nerve pain, and sitting in a car was especially difficult. After diagnosis (diagnosed just with lysis despite the xray saying 4mm), I did a season of marching band with generally no trouble, just constant sore aching after an hour of standing if I happened to forget to wear my LSO back brace (doc gave me, I wore all the time) to rehearsal. Had surgery 5 months after the back brace because no improvement. If I weren't an athlete, I think I'd be fine without doing a surgery. Unfortunately at this point I still feel very similar pain on and off. I couldn't emulate any pain last night, but I felt it from any little action this morning. I'm looking forward to when I'm fully healed because I expect to be back to my normal activities. I will definitely update in this subreddit when it's improving though. Thanks!

1 1 Reply Award Share

After DOI  
Subject commented on a deleted post made in the Albuquerque subreddit.

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r/Albuquerque • 2y ago

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[deleted by user]

Archived post. New comments cannot be posted and votes cannot be cast.

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ribbit\_reddit\_girl • 2y ago

Depending on where you live there should be a bunch of places!! Google the question and call around. I've gotten one for \$250 I think

1 Award Share

After DOI

Subject replied to a deleted post in the "Spondylolisthesis" subreddit.

reddit

reddit.com/r/Spondylolisthesis/comments/199h3rt/comment/kig7mj7/?context=3

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r/Spondylolisthesis • 2y ago

[deleted]

...

Any insight? I'm going insane

Sorry, this post was deleted by the person who originally posted it.

0

65

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ribbit\_reddit\_girl • 2y ago

Snap out of it OP. (And I say that with love because I totally understand the anxiety spiral and have been there.) But seriously, you don't have an official diagnosis yet and it could be weeks away so you HAVE to find some way to stay neutral or positive in the meantime. One step in front of the other. Dont worry about what could happen (none of us know what will happen), only focus on how you feel right now, which is the only truth.

FWIW I'm very optimistic you're going to be totally fine ❤️ though I would repeat call your provider and give them (respectful) hell until they let you in for an earlier appt. 6 weeks is absurd.

6

Reply

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...

StreetTurtle728 • 2y ago

How to tell the provider to fit me in earlier? Should I keep staying that it's a back injury and needs to be treated soon as it's time sensitive?

The receptions were all very aloof and cold and rude on the phone. I asked if there was anything they could do for me and they very cool told me no.....

What do you suggest I tell them?

1

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ribbit\_reddit\_girl • 2y ago

What type of provider is it?

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**ribbit\_reddit\_girl** • 2y ago

What type of provider is it?

1 Reply Share

**StreetTurtle728** • 2y ago

A neurosurgeon's office

1 Reply Share

**ribbit\_reddit\_girl** • 2y ago

Do you have any other trusted providers that are maybe more accessible? For example, I have an absolutely amazing physiatrist that specializes on spinal conditions and I can see at like a days notice when I'm having a flair up.

Maybe impossible to get now, but could be good for you to try and find someone additional to have in your back pocket for future.

And even still... maybe just call your office and ask the receptionist what they think you should do? Like "okay I understand you don't have availability and I can't change that, but please advise me what am I supposed to do right now? I desperately need to see someone but you can't. So can you recommend me somewhere else to go?"

1 Reply Share

**Exotiki** • 2y ago

How did the chiro diagnose you? Did he take x-ray? Or just looked at your back? Some chiros are scams. Wait until MRI, it will show everything. Peoples backs all look weird and bumpy in photos, some peoples joints stick out more than others, you don't diagnose these things from photos. If you don't pee or poo in your pants then it's not an emergency. But if you do, then better head to ER immediately.

7 Reply Share

**StreetTurtle728** • 2y ago

He just felt a long my spine, then took X-rays. I didn't come to the next apt because I didn't want to im to adjust me, so I didn't get to see the X-rays.

I can't stop feeling like this is an emergency 🤔 yes I'm having no neuro issues now, but it's possible I might start having them asap.

Are there any pt moves for my upper back?

1 Reply Share

After DOI

Subject says that decompressions and deep stretching has helped her.

reddit

reddit.com/r/Spondylolisthesis/comments/19bl69e/comment/kisiyu/?context=3

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r/Spondylolisthesis • 2y ago

Illustrious-Judge-90

is spending \$2k with a chiropractor a good idea

Need Advice

Went to a chiropractor who did X-rays and showed a disc that is not lined up with others low back area, bone spurs, I think spondylolisthesis. He said he can do decompressions and adjustments for 10 weeks to correct it. Also have degenerative issues. \$2k. I'm in no pain now but I do have issues with hip and back on/off. Can this correct or prevent further damage to my spine? I also have osteoporosis

2

18

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ribbit\_reddit\_girl • 2y ago

Personally I had amazing experience with decompressions and deep stretching with a physiotherapist. Would avoid chiropractors adjustments tho!!!! That's a big no no for spondy

9

Reply

Award

Share

Plastic-Ant-8416 • 2y ago

Oh god! Do anything but don't let a chiropractor touch you. If you read through this group- that is one consistent advice everyone will give you.

13

Reply

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Illustrious-Judge-90 OP • 2y ago

Thank you this is what I needed to hear!



After DOI

Subject seeking activities to do before starting MBA.

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r/MBA • 2y ago

ribbit\_reddit\_girl

Most fulfilling pre-MBA activities?

Careers/Post Grad

Starting MBA in the fall and would love to do something fun / fulfilling / unique in the months leading up to it.

What cool activities have you heard of people doing? Sourcing all types of ideas.

6

4

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nomusicnolifex • 2y ago

M7 Student

Curious - when are you leaving your job? In a similar boat + trying to finalize plans! Would love to travel but idk if burning extra cash w/o income in light of an uncertain macro env't is the smartest move

3

Reply

Award

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ribbit\_reddit\_girl OP • 2y ago

Same concern. I want to leave as soon as I can justify it to myself lol (ideally because I find something really "once in a lifetime" to do).

Feel like if you can afford it then it's typical to quit in June to take the summer off, but I'd love to do earlier if I can.

4

Reply

Award

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kee106039 • 2y ago

I hear the cool kids sign up for onlyfans.com/kee106039 and watch Caitlin Clark's games together online

12

Reply

Award

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SalamanderNew7144 • 2y ago

Following. I'm curious on what others have to say. A lot of people are telling me to travel and have fun as it's



# TikTok

[@tiktokstarnaomi](#)



Posted: Jan 21, 2024

System ID: [646117](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7326779068286782762>


*After DOI*

Seen walking at the Sundance Film Festival in Park City, Utah "This weekend was a [movie] #sundance #storytime" Link to Video: [https://observr.app/snaptik\\_7326779068286782762\\_v2.mp4](https://observr.app/snaptik_7326779068286782762_v2.mp4)



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 **Amanda - Alcohol-Free Coach**  
Plz update us when you inevitably marry Elliott. I don't make the rules. This is how it works  
2024-1-22 Reply  408

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# TikTok

[@tiktokstarnaomi](#)



Posted: Jan 23, 2024

System ID: [645654](#)



Captured: Sep 23, 2025



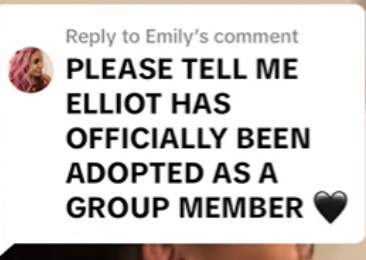
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7327478074071616811>

*After DOI*

At a gathering with associates, she showed her hand holding a drink "Replying to @Emily Even better — the weekend ended with Elliot bringing over his friends, so you could say we adopted his full apartment!!!👍"



[Link to download video](#)



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Im readying back mechanic and have started to apply the advice given there, bought lumbar support cushion and I have stopped doing squats and anything that could aggravate the pain, wil try swimming soon too.

I have noticed the condition getting worse as I age, will I have to get surgery 10 - 20 years into the future?

4

5

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ribbit\_reddit\_girl

2y ago

fwiw I think your spine looks super healthy above the spondy!! I don't think anyone knows for sure if you'll need surgery or not, but the procedure is improving rapidly and dramatically so even if you do need it in 10-20 years I'm sure the results will be good and recovery won't be too bad :)

3

Reply

Award

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ribbit\_reddit\_girl

2y ago

I had significant pain relief from a talented physiotherapist doing deep stretching and decompression therapy on me. Something to consider that could maybe take your 1 to a 0

3

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Emergency\_Price2864

OP

2y ago

ok yes Im considering it too, my pain is not bad but my lack of mobility and weird postures I have out of habit probably doenst allow to heal this issue very well so I looking for a good phisio to help me with that

2

Reply

Award

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HotRush5798

2y ago

grade 2; L4-S1 PLIF

Echoing thoughts already shared---no one knows for sure.

Do your best to stay strong and healthy. Glad to hear pain is not bad. Mobility can usually be improved with targeted exercise to strengthen lower body (glutes, hips and hamstrings) and core stability. Good luck! You're gonna do great. It's good that you're attempting to take care of yourself sooner rather than later.


3

Reply

Award

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# Other

 Reddit



Posted: Feb 08, 2024

 System ID: [675028](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 <https://www.reddit.com/r/Spondylolisthesis/comments/1allcmh/comment/kpfv9n8/?context=3>

*After DOI*

Subject recommends Dr Le at Santa Monica Spinal Stenosis Center. She says that physiotherapist decompressions have been life changing for her.

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r/Spondylolisthesis • 2y ago  
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## Need help decompressing my spine

### Need Advice

Ive searched on internet and most of the things i found are for general back pain, and dont seem to help for me personally. I dont have access to an inversion table or any equipement. For the moment, i found a trick that is all i can do. It is to lay on my stomach on my girlfriend's drawer, with my legs hanging off (took alot of imagination to come up with this hahaha). Just this really helps i mean really. The only problem is that its really uncomfortable for the rest of my body so i can only hold the position for like maximum 30 seconds. Also, even tho it feels really good, it just feels like its about to pop in unimaginable relief, but never happens. Ive been craving for this pop for so long now. So my question is do you guys have any tip that could help with the pain, that's more long term than 30 short seconds ( so long and so short at the same time if you want my opinion hahah). Anyways, thank you very much for your time!

1 13 Share

Share your thoughts

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ribbit\_reddit\_girl • 2y ago

Professional physiotherapist decompressions have been life changing for me. If you happen to be in LA area, go to Santa Monica Spinal Stenosis Center — Dr Le is literally a god send

2 Reply Award Share ...



[deleted] OP • 2y ago

Im actually in Montréal surburbs ahahaha quite a ride but thanks tho:)

2 Reply Award Share ...



UnC0mfortablyNum • 2y ago

Easiest thing I've done is just go to the corner of the kitchen counter, put my hands on the counter and pick myself up with my arms and let gravity take my hips and legs. Can hold for like 30 - 60 seconds. Maybe 4x - 6x a day has helped me.

There is also [this](#). I like it a lot because I can just lay on the floor for 20 minutes.



# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 12, 2024

System ID: [645655](#)



Captured: Sep 23, 2025



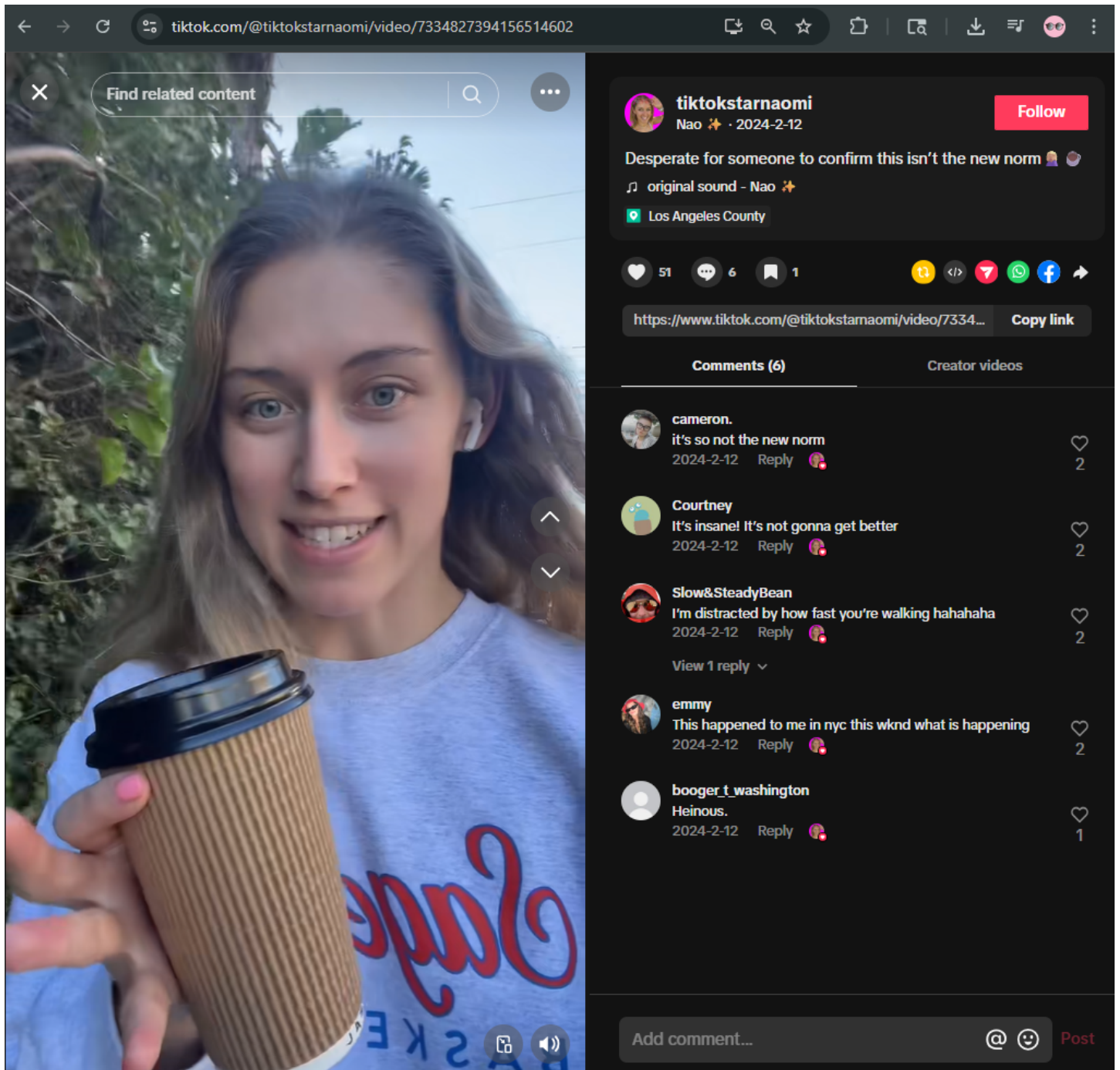
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7334827394156514602>

*After DOI*

Talking while walking, walked to a coffee shop "Desperate for someone to confirm this isn't the new norm ☹️"



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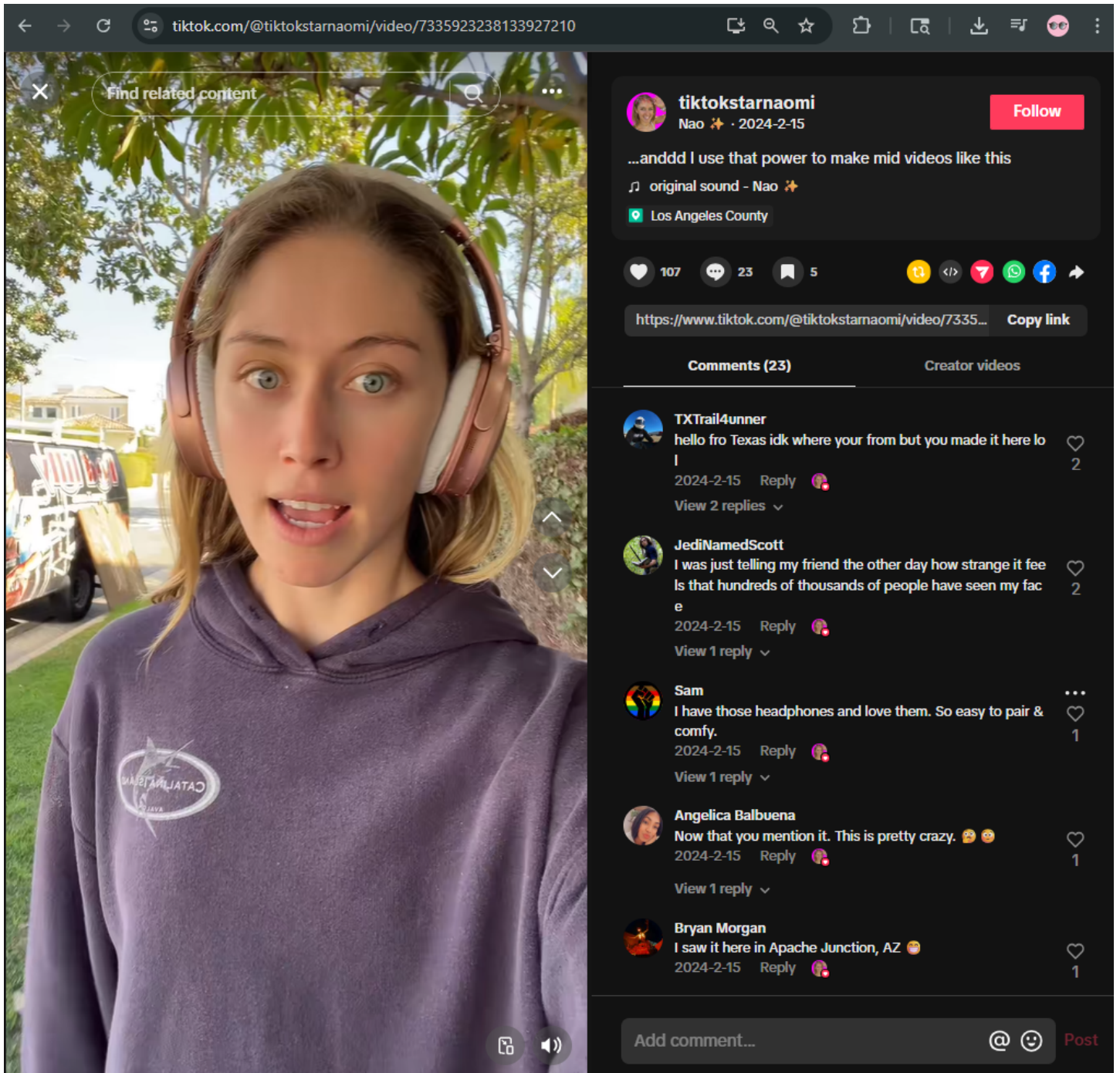
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7335923238133927210>

*After DOI*

Seen walking on her lunch break from work "...anddd I use that power to make mid videos like this"



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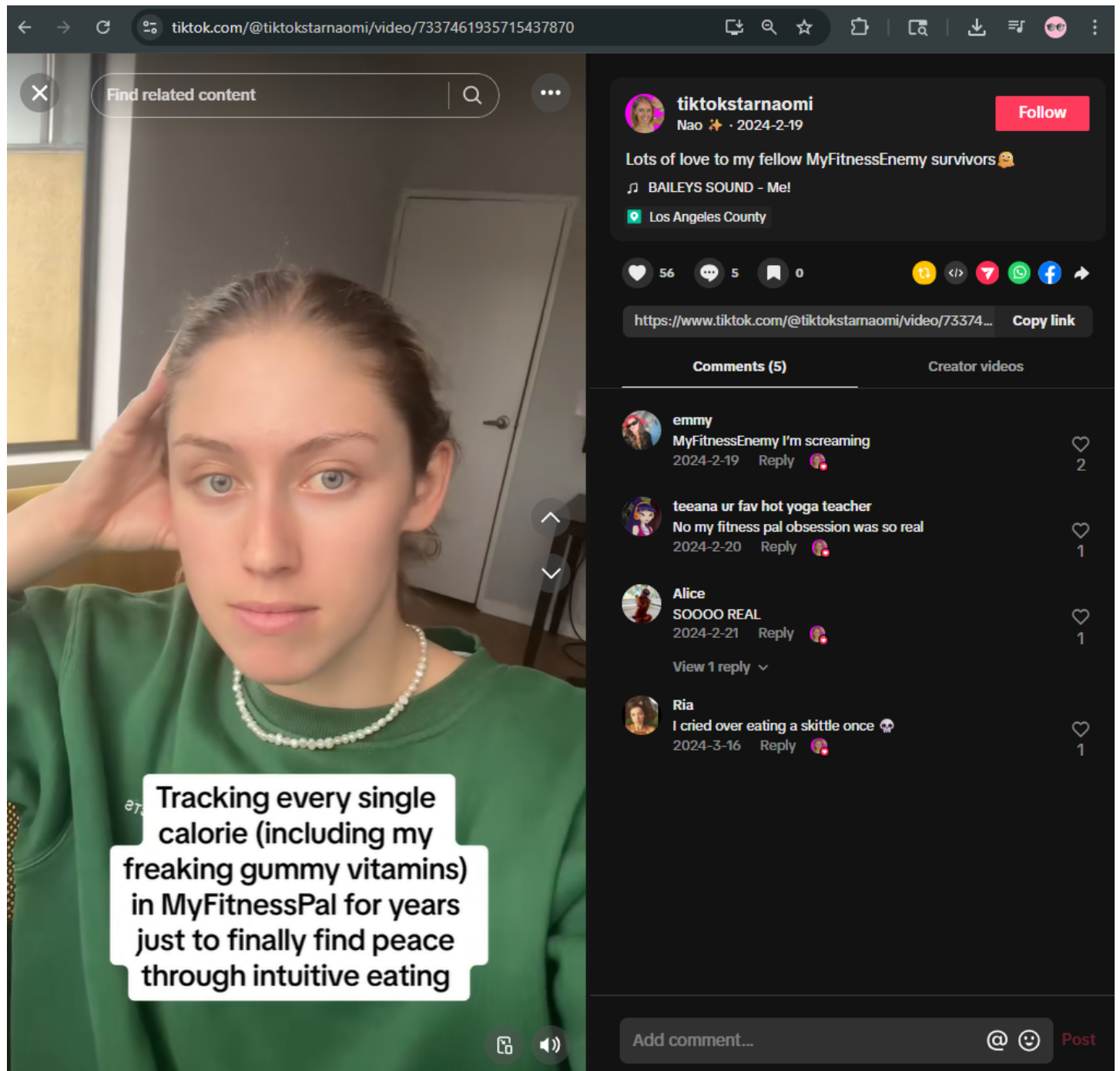
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7337461935715437870>

*After DOI*

Video about using MyFitnessPal "Lots of love to my fellow MyFitnessEnemy survivors"



[Link to download video](#)



After DOI

Subject says that she tried stem cell therapy twice after an accident and there were no results.

reddit

r/Spondylolisthesis X Search in r/Spondylolisthesis

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r/Spondylolisthesis • 2y ago

BenJammin412

Stem cell therapy

Survey

Hi, has anyone on here explored stem cell therapy injections? Has it helped? I have friends with inflammation issues other parts of body that have benefited but wasn't sure if it would help with a disk that's almost lost all hydration and fractured bilaterally. More interested in how it would help surround tissue and ligaments to support.

4

11

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324\_knight • 2y ago

Spondylolisthesis grade 1 here. Tried stem cell therapy after a car accident. Did absolutely nothing. Very expensive waste of time for me personally

1

Reply

Award

Share

ribbit\_reddit\_girl • 2y ago

Same with me. Tried twice after accident. No results.

1

Reply

Award

Share

324\_knight • 2y ago

Yeah I think I did PRP injections, stem cell therapy, then another round of PRP

1

Reply

Award

Share

2 more replies

# TikTok

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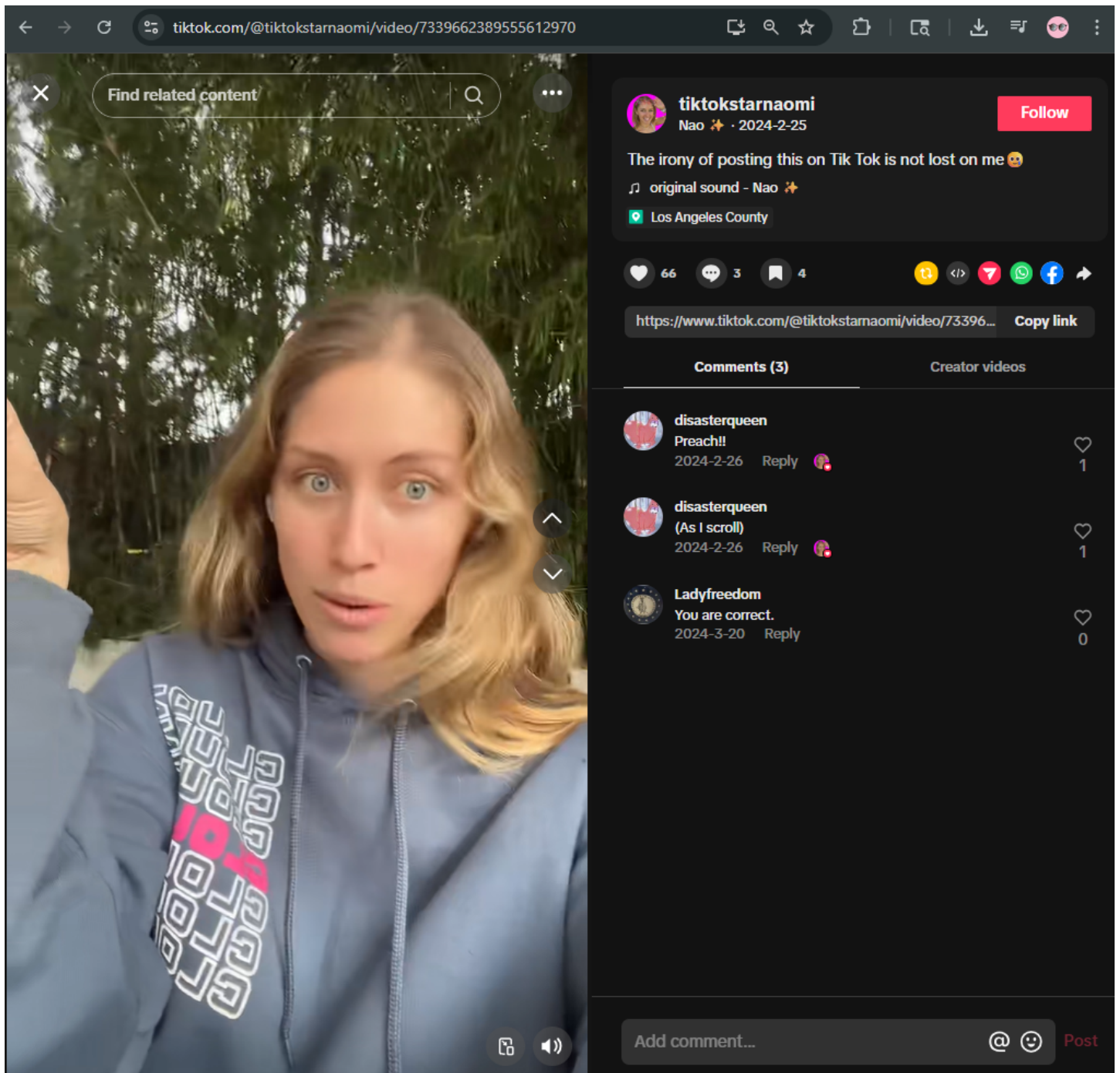
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<https://www.tiktok.com/@tiktokstarnaomi/video/7339662389555612970>

*After DOI*

"The irony of posting this on Tik Tok is not lost on me"



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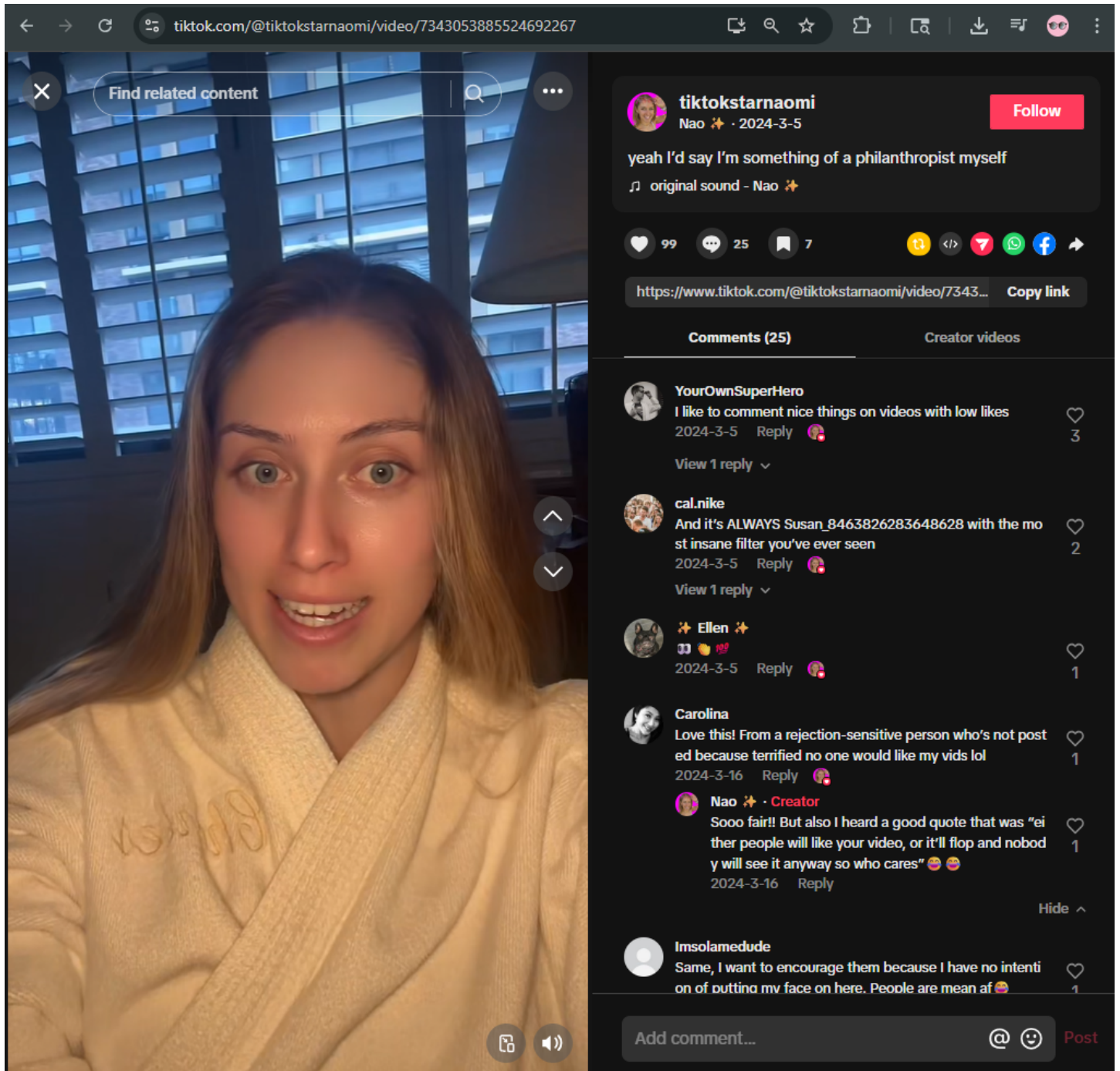
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7343053885524692267>

*After DOI*

"yeah I'd say I'm something of a philanthropist myself"



[Link to download video](#)

After DOI

Subject's post seeking information regarding pain/inflammation and their menstrual cycle.

reddit

reddit.com/r/Spondylolisthesis/comments/1b96zzc/flair\_up\_on\_period/

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r/Spondylolisthesis • 2y ago

ribbit\_reddit\_girl

Flair up on period?

Survey

I (26F) have an IUD and don't get a period or have awareness of my monthly cycle timing, but I do get random flair ups at least monthly. I was wondering whether women feel changes in pain/inflammation around their menstrual cycle? Has anyone noticed changes or have advice for this?

9 6 Share

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majestichermitchrab • 2y ago

grade 3 L5

Oh yeah definitely. Considering low back pain is typical of period discomfort it sort of makes sense.

5 Reply Award Share

Disastrous-Ad7454 • 2y ago

For sure! My cramps are mainly in my back. So when she comes and visits, I'm always in extra pain. I just try to use the heating pad as much as I can, or I'll sit in a hot shower and bend forward; letting that water hit my lower back. I do this on and off my period. Reliefs some of my pain

4 Reply Award Share

Thinkinthoughts1 • 2y ago

Yes huge increase in inflammation= back pain. I also suffer from endometriosis and fibroids though.

2 Reply Award Share

pmpkp • 2y ago

I get fair ups during ovulation and sometimes they last weeks every single month. I would love for some advice on how to manage the pain.

2 Reply Award Share



After DOI  
Subject replied in the MonarchMoney subreddit.

reddit

reddit.com/r/MonarchMoney/comments/1b5xh5t/comment/ktttuzy/?context=3

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r/MonarchMoney • 2y ago

Ruth\_Lily

Grateful for Monarch

Tips & Tricks

I came from Mint, I was completely panicked about leaving Mint. BTW, I hated Mint, the transactions were TRASH, but there was no alternative. And I'm doing taxes and panicking and panicking. I went to the [r/mintuit](#) community hoping to get help, tried out a couple of the other things, hated them, totally hate Credit Karma....and when I went to Monarch Money's website and it was *easy*. And I don't know if all my transactions go back but I plugged in all my banks, investments, Apple Card, credit cards, etc...and wow..

So much better! BETTER then Mint ever was! BETTER! I've now caught things in there that don't belong either, like being overcharged on an EV for instance. The emoji icons for categories are GREAT.

I'm still working on my 2023 taxes, I figured out how to just see 2023, I'm still working on the transactions for 2023 and categorizing them for taxes, but it's so much more fun then Mint which was drudge work. I figured out how to get category totals for 2023 too, but I'm not quite there in my taxes.

Monarch is a BREEZE and btw, welcome ex-Minters! You'll love it! Also great is that I can do this on the web, I don't need an app, I'm not a huge App fan

18050Share

Share your thoughts

Sort by: BestSearch Comments

ribbit\_reddit\_girl • 2y ago

Also a very happy mint convert. Reddit was the reason I decided to go to Monarch and I'm very happy I did!

I am so thankful that you selected to allow us to pay a subscription rather than force ads on us. I wish more apps and social media would provide that option!

1ReplyAwardShare

valagostino • 2y ago

Monarch Team

Thank you for the kind words! It means a lot.

# TikTok

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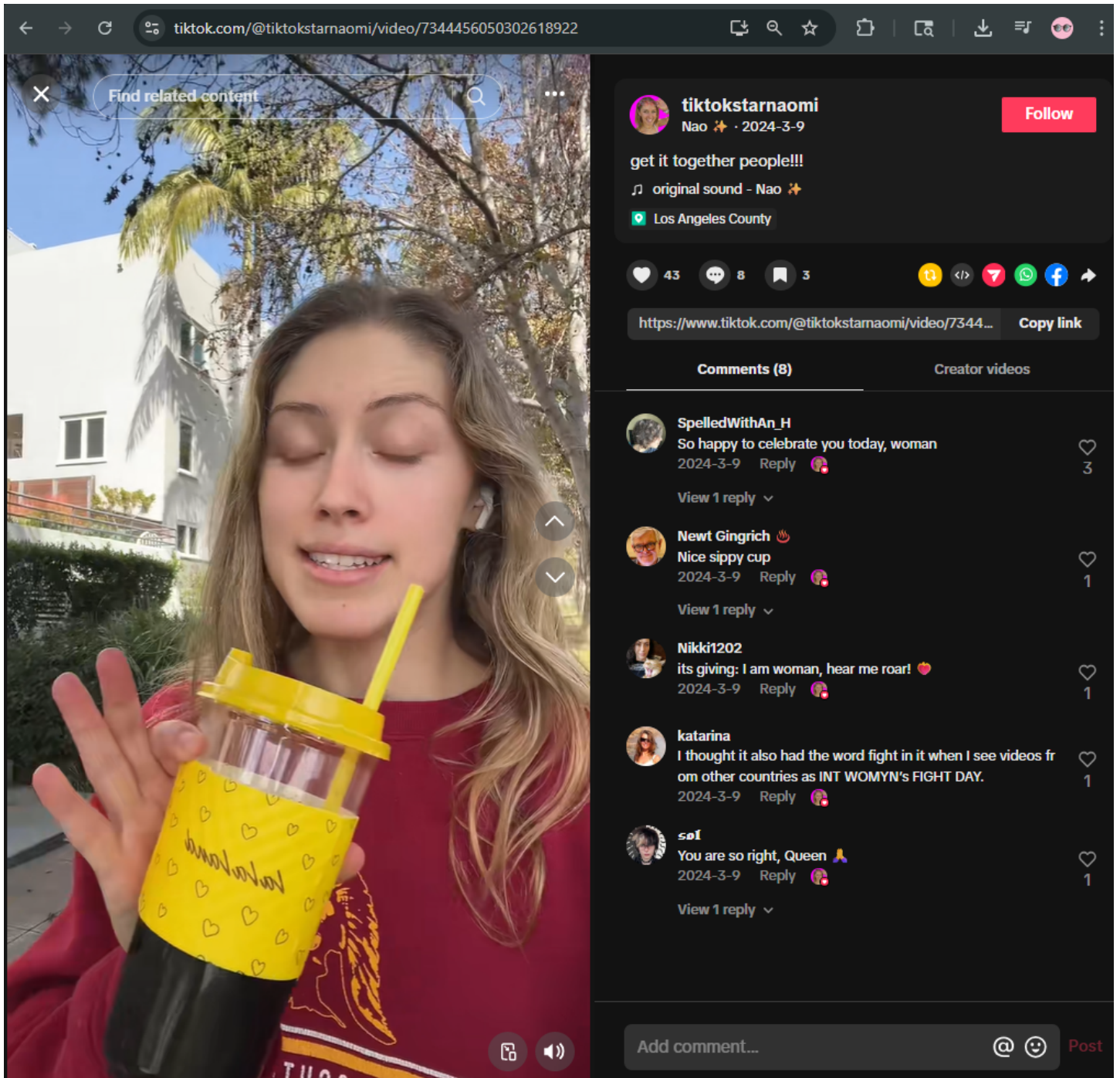
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7344456050302618922>

*After DOI*

Seen standing/walking outside "get it together people!!!"



[Link to download video](#)

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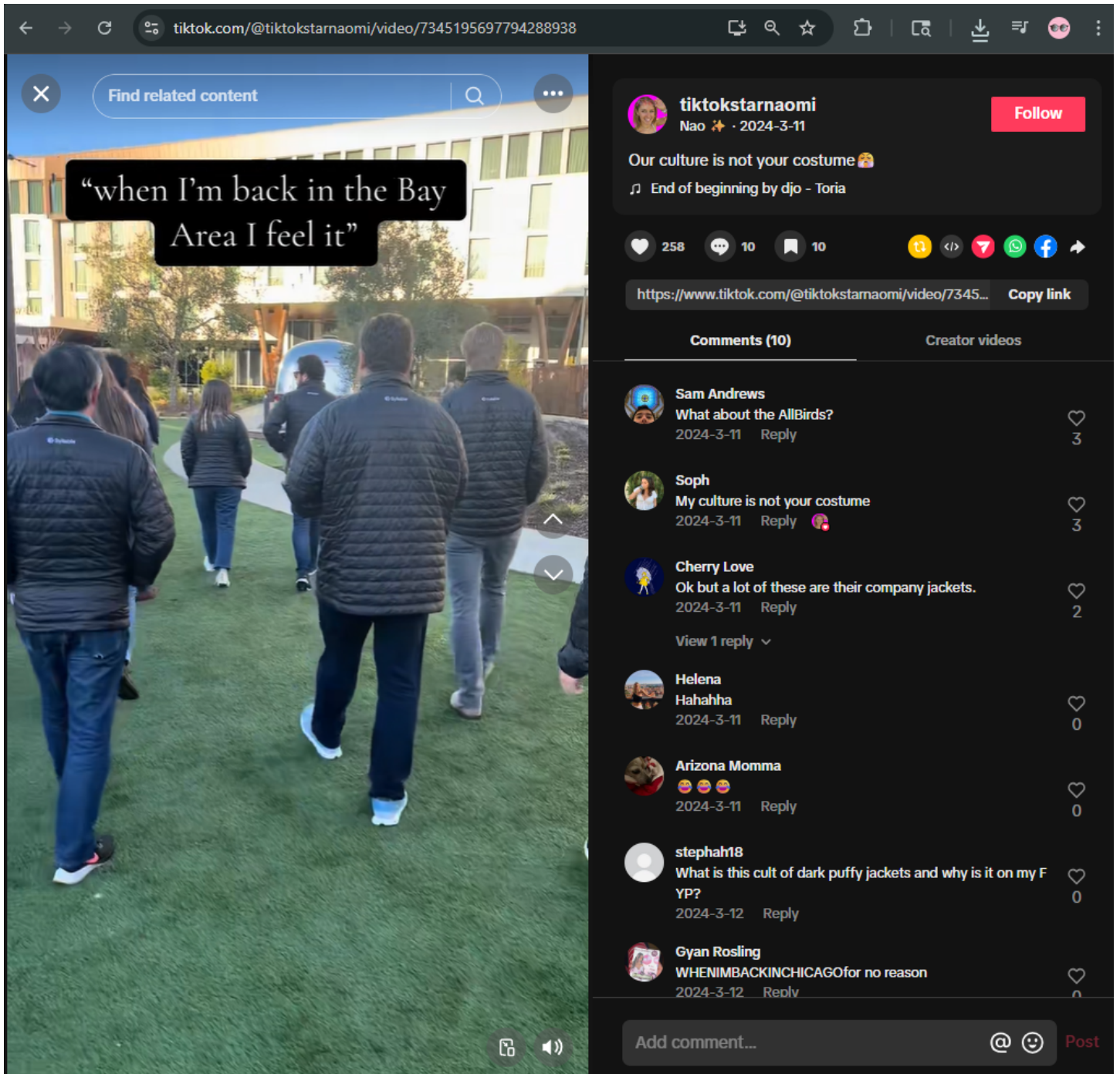
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7345195697794288938>

*After DOI*

Recorded while walking/turning around "Our culture is not your costume"



[Link to download video](#)



After DOI  
Subject says she has plateaued in salary around ~\$220k.

reddit

reddit.com/r/HENRYfinance/comments/1bmn7k0/comment/kwkeqvg/?context=3

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r/HENRYfinance • 2y ago

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14852Share

Sort by: BestSearch Comments

ribbit\_reddit\_girl • 2y ago

This is absolutely spectacular, congrats congrats!!! I'm also a 27F, though took the consulting route (MBB) to a startup, and now plateaued in salary around ~\$220k. I'm happy with it but would love to get into your range in the next few years. Would you mind sharing your lifestyle / WLB in PE? Like what is your day-to-day like? I know it's difficult but I am going to a top B School next year and am considering trying to pivot into your industry :)

1AwardShare

beangirl1997 • 2y ago

Hi! happy to chat - feel free to send me a PM

1AwardShare

3headed\_monkey • 2y ago

\$750k-1m/y

Congratulations!!

Don't forget to have a budget, save & invest regularly as your income grows!

57AwardShare

RisingRedTomato • 2y ago

\$250k-500k/y

Congratulations!

Curious, are you at a PortCo? I've never heard of getting stock bonus as an investment professional unless you

After DOI  
Subject says she has lost herself and considering a fusion.

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r/Spondylolisthesis • 2y ago

Standard-Kitchen4835

I feel like I'm losing myself

Need Advice

I'm a 27 year old female that was experiencing severe back pain at the end of November 2023. I went to doctor and the report says my L4-5: A minimal disc bulge does not compromise the spinal canal. L5-S1: A minimal disc bulge does not compromise the spinal canal. No spinal canal stenosis. Mild degenerative narrowing of the right L4-5 and L5-S1 neural foramina but no discernible nerve root impingement. Minimal/mild facet arthrosis from L4 through S1.. he told me I have moderate Spondylosis that's advanced for my age. And decreased normal lordosis. I have been depressed because I couldn't move for two months after the diagnosis because of pain. Now my back just hurts all of the time. I did physical therapy for two months and still no help. Does anyone have any advice? Also the left side of my lower back is where it hurts. It hurts when I sleep and stand and sit.

5

12

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ribbit\_reddit\_girl • 2y ago

Omg I literally thought someone posted on behalf of me??? 27F and have nearly identical scan to you (though spondylolisthesis at l5/s1). I also realized I lost myself :(

Will post later about making a support group for people in our age range on this topic

4

Reply

Award

Share

New\_Rip1306 • 2y ago

27F with spondylolisthesis (spinal fusion surgery back in 2014). I would love. Support group for young women dealing with this. I feel very alone and scared with the amount of pain I feel every single day. It's been 10 years since my fusion and things have been going downhill. Can really use some support from other young women.

3

Reply

Award

Share

ribbit\_reddit\_girl • 2y ago

Ugh I'm so sorry to hear. I'm considering getting a fusion now... do you regret yours or was it worth it? You had it so young! :(

I'll put together a group this week

2

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Award

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After DOI  
Subject's comment considering surgery before graduate school.

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r/Spondylolisthesis • 2y agoVirtual\_Rutabaga\_766

ALIF PLIF this week

Surgery Diary



Surgery on Friday for an ALIF and PLIF of L5-S1. Grade 2 spondy with bilateral pars defect. Disc is now gone, nerve root has been getting compressed with nerve symptoms primarily on right side. Diagnosed a little over 3 years ago and it has just slowly progressed with increased flare up frequency and intensity. I can no longer get to a baseline of minimal pain. Avid crossfitter. I've had to stop doing things I enjoy over the last 9 months as things worsened. I've been through facet injections, epidural injections, prednisone packs, sleeping on ice, cryotherapy, saunas, dry needling, PT, daily stretching and rolling on a lacrosse ball, dozens of massages over the years. I'm exhausted. This condition messes with your mind. Saw two neurosurgeons, they both had same recommendations for my condition. 37 Female for reference. I'm scared. I know this has to be done. But I'm scared of the pain, I'm scared of the recovery and what's on the other side. Will I ever feel confident enough to lift weights again or exercise intensely? I used to be a half marathon runner. Surgeon said running is awful for your back. So I guess I don't know what my fitness identity

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condition messes with your mind. Saw two neurosurgeons, they both had same recommendations for my condition. 37 Female for reference. I'm scared. I know this has to be done. But I'm scared of the pain, I'm scared of the recovery and what's on the other side. Will I ever feel confident enough to lift weights again or exercise intensely? I used to be a half marathon runner. Surgeon said running is awful for your back. So I guess I don't know what my fitness identity is after this. I've been working out 5-6 days a week for the last 4 years, consistently. I'm very sad my body is about to change negatively. Planning to keep this post as a surgery diary and add to it as I go through recovery to help anyone through their future process.

20 29 Share

Share your thoughts

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**ribbit\_reddit\_girl** • 2y ago

27F also with gr2 spondy very similar to yours. Thank you so so so much for posting this thread. I have a feeling I'll need surgery soon (starting to have more bad days than good days despite absolutely all my effort).

How is it going now? Please provide as detailed of an update as you are able ❤️

I ideally am starting graduate school in early September this year. Assuming I recover on typical pace, do you think I have time to do this surgery in late May (so 3 full months to recover before classes)?

1 Reply Award Share ...

**Rocknbeanz** • 2y ago

Wishing you all the best. What's ahead may seem scary, but what you're about to undergo is one of the most established, best researched procedures there is. There's so much scientific precedent for it and, although you won't be exercising normally straight away, by all accounts you'll get there, and probably sooner than most. You seem like someone who has amazing mental and physical fortitude, so channel that into this new challenge. You have a base of fitness, so will have the necessary discipline to stick to the physio exercises post-op. Don't worry about your body "changing negatively"; focus on the powerful step towards positive change you are taking. You've tried so much — all the avenues there are, by the sounds of it — and this is the last remaining option. It will be so freeing to get through the operation and have it in your rear view mirror with only recovery and getting stronger every day to concentrate on. Sending you all the strength, resolve and courage in the world <3

6 Reply Award Share ...

**Virtual\_Rutabaga\_766** OP • 2y ago

After DOI  
Subject asks about post-fusion surgery.

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r/Spondylolisthesis • 2y ago

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ribbit\_reddit\_girl • 2y ago

Another question for post-fusion responders: how many times a day or week do you think about your back? Currently pre-surgery and my mind wanders to my back probably 5-100 times every day...

4 Reply Award Share

Feralpudel • 2y ago

For several years I would pretty much go entire days without thinking about it, except to marvel that I'd just shopped for three hours or something and hadn't given my back a thought.

In the out years I've had minor issues, but most of my "thoughts" are either almost reflexive care about how I do things, or reflecting on how things affect my back for better or worse (e.g., realizing I benefit from one NSAID dose a day but not two; observing that my back hates prolonged sitting way more than it hates exercise).

2 Reply Award Share

Feralpudel • 2y ago

I'll be seven years this summer, so not quite what you're looking for. We put off surgery for as long as possible until it got so bad I couldn't stand more than five seconds without holding on to something.

Surgery was a huge success, with nearly complete neurological recovery (still have some big toe weakness).

I was pretty much completely pain free for three plus years. Since then I have minor episodes but I don't even have a back doctor at this point and my episodes are best managed by good behavior, core exercises, and movement in general. On an average day I'll have some SI stiffness/soreness in the morning but that will be the only pain I have all day.







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ribbit\_reddit\_girl

• 2y ago

can you share what your condition was before surgery? And how is it going now? Thank you so much for this thread of hope ❤️❤️

👍 1

👎

🗨️ Reply

🏆 Award

➦ Share

⋮

InitialBreakfast0355

OP • 2y ago

I had something called spondylolithesis. Given how long that word is, I imagine it's pretty rare.

I am feeling incredible. I exercise six to seven times per week. I can walk all day. I started running for exercise and I'm now up 13k with a ton of incline.

👍 1

👎

🗨️ Reply

🏆 Award

➦ Share

⋮

ribbit\_reddit\_girl

• 2y ago

Oh yes I have spondy too and am considering an ALIF in a few months :) you answered my question perfectly though, thank you for sharing it's such a relief to see positive stories.

👍 1

👎

🗨️ Reply

🏆 Award

➦ Share

⋮

InitialBreakfast0355

OP • 2y ago

I have other posts in this channel that detail elements of my recovery that made it successful. I will likely post another soon as I'm nearing my six-month anniversary.

👍 1

👎

🗨️ Reply

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# Other

	Reddit		Posted: Mar 27, 2024
	System ID: <a href="#">674755</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/1bpkv4d/i_feel_like_a_crazy_person/">https://www.reddit.com/r/Spondylolisthesis/comments/1bpkv4d/i_feel_like_a_crazy_person/</a>		

*After DOI*

Subject's post in the "Spondylolisthesis" subreddit seeking support as the condition makes her feel "crazy." In the post, she says a car accident fours ago caused a gr2 spondy 8mm slip on L5/S1.



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experience with it.

17 Reply Award Share ...



**WHY-not-Me2000** • 2y ago

Your not crazy at all. 23m. Just because we can walk and be normal doesn't mean we don't feel our pain. Not only is it physical it's also mental. You brought up a good point about wanting a baby soon. I'm also struggling with the same thoughts. I'm definitely going to need it eventually.it's a matter of time



10 Reply Award Share ...



**ribbit\_reddit\_girl** OP • 2y ago • Edited 2y ago

The mental part is the hardest. My mind wanders to my pain so much. It makes me feel very mentally weak that I can't just choose to ignore it, even though it's not nearly as bad as some peoples'.



7 Reply Award Share ...



**WHY-not-Me2000** • 2y ago

The best think we can do is not compare our situation to others. I had a doc tell me my spine is normal after looking at some images. We all have different symptoms. I'm also like u in my mind is always wondering

4 Reply Award Share ...



**Grandma\_Di** • 2y ago

Nerve pain does slowly eat away your sanity because it is relentless. That statement got my insurance to approve my surgery.



10 Reply Award Share ...



**ribbit\_reddit\_girl** OP • 2y ago

How are you feeling after surgery? Are you happy you got it?



2 Reply Award Share ...



**Grandma\_Di** • 2y ago

The relentless nerve pain stopped so in that regard I am. I got hit at a traffic light by a van a year after the surgery and it broke two vertebrae above the surgery sight and now I have another disc protruding. I think my recovery would have been great at the two year point, however I don't get to know beyond what happened to me.

2 Reply Award Share ...

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know beyond what happened to me.

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**elesalo** • 2y ago

I can relate. I have a very problematic spine with many conditions, but ironically the spondy, which i discovered about last october and is the only condition that is mild, is what is debilitating me. I am starting to give up to the idea that I will never be the way i was before and that the good days are the ones where the lower back acheness is just a bit annoying and I can forget about it for a good part of the day. I hope I am wrong. I also often get pain in my butt that is extremely annoying and makes me want to sit down whatever I am doing, idk if it is similar to what you are caling shocks, I actually never know how to describe this particular pain to professionals! Of course you are not crazy and it isnt like only pain that prevents you from doing the most basic things is worth being depressed about... living with constant pain, even if it is absolutely manageable, is mentally exhausting. However, I comment just for support, but I do not have any advice to offer since I will try to avoid fusion at all costs, so I am not close to consider it as an option, but I understand that people do. I feel that I will not be able to handle even a slight worsening of my symptoms. To end with a somewhat positive message: I try to tell myself that this is making me stronger and that I will need this strength for something else in my life... not that I am religious, but i need to believe that I havent simply been extremely unlucky because that makes me mad at the world which is no good



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**ribbit\_reddit\_girl** OP • 2y ago

I'm so so happy you responded with this. Thank you so much, I feel so heard by this. It's soooooo hard to describe the "pain". It took me a long time to even have the epiphany that constant achiness/soreness IS pain. In a sick way my butt shocks were at least validating that I wasn't just faking my constant achiness.

I've wanted to avoid a fusion at all costs but this condition has taken over my mental state. I worry I am weak for giving up but the thought of a successful fusion making me nearly pain free / not focused on my back forever (which IS possible) gives me so much hope.

[↑](#) 8 [↓](#) [🗨](#) Reply [👑](#) Award [➦](#) Share ...



**jakeistheman87** • 2y ago

You're certainly not crazy or exaggerating , OP. I know it can feel that way. I've struggled with feeling that way before. And especially when things aren't "that bad". But even not that bad just means I'm functional. I'm in constant pain or aching. My sleep has been destroyed. And I just deal with it. PT hasn't helped. I recently got injections between my l4/l5 and l5/s1. But that was just three weeks ago and while I feel good now, idk how long that's going to last. But even feeling good now, I'm so cautious about what I do so I don't cause another bad flare up. I'm constantly thinking of my back and how I need to adjust my life to my ailment. And it sucks. And sometimes it truly feels like others think I'm lying or exaggerating or whatever. That's a struggle.

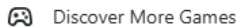
Just know you're not alone. So many of us struggle with the constant pain and feeling like a hypochondriac.



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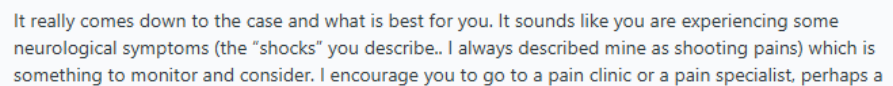
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It really comes down to the case and what is best for you. It sounds like you are experiencing some neurological symptoms (the "shocks" you describe.. I always described mine as shooting pains) which is something to monitor and consider. I encourage you to go to a pain clinic or a pain specialist, perhaps a physiatrist or a spine specialist, to discuss your particular circumstances and the pros and cons. And don't let them rush you! Ask all your questions. This will help you feel supported in your decision making.

If you do decide to get surgery, I would say: 1) find a surgeon who has a lot of experience with this procedure, 2) take care of yourself after... prioritize maintaining a strong core and exercising properly so you enhance your chances of keeping good spine health above and below the fusion.

Hope this helps!

3 3 Reply Award Share ...

New\_Rip1306 • 2y ago

I'm so sorry I wrote an essay

2 2 Reply Award Share ...

ribbit\_reddit\_girl OP • 2y ago

Haha no thank you so much!!!! Every time I see a long essay comment I feel so 🥺🥺.

This condition can be truly so lonely — having an online community where people are highly involved is incredibly appreciated. I really resonate with your comment all around and appreciate your balanced take on surgery. (And I'm sorry you had to experience this so young!)

I'm getting more and more optimistic about surgery though it goes in waves. I know realize there's a good chance it goes very well and is the best decision and I just wish I did it sooner. Crossing fingers.

2 2 Reply Award Share ...

Own-Lingonberry-5442 • 2y ago

I can relate, and no, you are definitely not a crazy person! I have grade1 spondy and my family sometimes ask me "Are you in pain today?", as if they are trying to figure out if the pain is triggered by something that I did, and maybe if I stop doing that then pain will go away. At first I tell them that I feel pain ALL THE TIME, but it seems very hard for ppl without spondy to understand, so in the end I just give up and say I am fine. During the day, I shove it at the back of my mind and carry on my daily activities the best I can, but at night, the dull, constant ache just knows at me and sometimes makes me feel very miserable and broken, and I just want to curl into a ball and cry. I just started the McGill's Big 3 exercise to see if it helps, because I find that I get extra sore after doing pelvic tilts and other core strengthening exercises where I have to flatten my back. I think chronic pain is not something you just "get over". I am also scared of fusion, but I imagine I probably will need it, if I develop a lot of nerve pain. Whatever you decide, best of luck to you!

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**ribbit\_reddit\_girl** OP • 2y ago

Thank you, this is insanely relatable. I've also had to tell my family/boyfriend that I'm ALWAYS uncomfortable, I just only complain about it when it's really bad. I feel most comfortable when I do literally zero exercise, but i don't want to live like that bc i love being active

2 Up Down Reply Award Share ...

**spacecake-jedi** • 2y ago

I just read McGills Back Mechanic book & am also doing the McGill 3. I am hopeful....and considering going to meet with a McGill certified practitioner 🙏

2 Up Down Reply Award Share ...

**Ethereal\_Films** • 2y ago  
grade 2~ - currently reversing w.o. surgery

I'm 2 years older with the same grade and location and currently have reversed my spondy by nearly half without surgery. I agree the nerve pain and inconsistent flareups are the worst because it's literally robbing your ability to live your life. Highly recommend the non-surgical treatment I'm undergoing. Working to make it the new standard treatment

3 Up Down Reply Award Share ...

**Srdire** • 2y ago

I watched all your spondy vlogs, I think the treatment you're undergoing is really interesting. I'm curious about the retention though; how is the treatment going to work long term? Even if the spondy is pushed back into place, If the bone is still not attached will it just constantly be at risk of slipping again? I'm terrified of a fusion and frankly too young for it to be a good idea (23/F) but PT isn't helping me.

1 Up Down Reply Award Share ...

**Ethereal\_Films** • 2y ago  
grade 2~ - currently reversing w.o. surgery

So out of the few hundred patients treated by Dr. Fedorchuk, retention has not been an issue. Once folks get into grade 0 territory, they tend to never return to him implying that things have stayed. He recently had return visits from some of these folks ~3 years later and found complete retention. What was extra exciting is these folks ranged in body type, which is great to know you don't have to be an elite athlete for this to work. I am his most challenging case because of my major disc damage which is a separate element of treatment. Fusion should only be the absolute last option because it is totally irreversible. It would be worth it to call Curtis' office and potential do a week-long visit. 8mm is very manageable for him.

1 Up Down Reply Award Share ...

After DOI

Subject thanks someone for sharing their experience with spinal fusion.

reddit

reddit.com/r/spinalfusion/comments/1b138l6/comment/kwwdyb5/?context=3

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About Reddit

r/spinalfusion • 2y ago

A\_REAL\_SWEET\_FELLOW

+4 Month Update Post L5S1 TLIF (Giving back to this community)

Hi everyone! I was originally supposed to be giving a 3 month update but I just got carried away with basically living a sciatica/back pain-free life and forgetting the hell I was in for about a year. So, I am back here because I feel it is my obligation to spread some much needed hope on this subreddit.

I just had an x ray yesterday and a check up with my neurosurgeon. He said everything seems to be going well with the fusion. It's weird, but you can almost see that the L5S1 are starting to get closer together (hence the fusion). The doctor also gave me the OK to start running again! Albeit in a very conservatively and progressively manner. This is important for me since I loved running so much. So I will start running very little and a few times a week to see how my back handles it. As of yesterday, I had been consistently been going to the gym since my 6 week check-up, and was basically doing elliptical machine/stairmaster/stationary bike for cardio + strength training (little to no weights). So, I am looking forward to substituting my cardio with some running. I hope it goes well. I'm not naive, I might not be able to run a marathon again, but at least I'd like running to be a small part of my life.

So where am I now when it comes to my injury and surgery? Well, I would say that my chronic sciatica/back pain was gone shortly after my surgery, and then slowly but surely I have been overcoming the general stiffness and soreness that is normal from a spinal fusion. And don't get me wrong, the post op discomfort is obviously a challenge, but it's a different kind of sensation than what I had going pre-surgery. Every single day that goes by I seem to be getting a bit more flexibility in my spine. I reckon the sciatic nerve is still somewhat inflamed because certain postures (i.e **hunching my lower back and tucking my chin to my collar bone sends some irritation down my lower back and left leg**), and the doctor said this was normal too. From what I've read, nerves take forever to heal, so I am just still a bit nervous about this, because it is a reminder of a pain I am trying to put behind me. But it is what it is. I am still thinking that getting the fusion has been giving me my life back. ALSO, I am medication free since about one/two weeks from my surgery, which is also saying something!

I also had a panic/scare about my hair falling off and thinning out a lot at around the 2 month mark, but have stopped stressing about it and I believe it is starting to grow back slowly and is no longer shedding. This was very weird. (And no, I was not already balding). The doctor said this could have very well been due to stress, so I hope that is what it was. I was also abusing all kinds of different pain medications up to my surgery that I guess could have had an effect on my hair? Whatever.

STAY STRONG EVERYONE! YOU ARE NOT ALONE! AND THERE IS HOPE!

24

9

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ribbit\_reddit\_girl • 2y ago

Thank you thank you thank you for sharing this great news. Such a relief to see!!

After DOI  
Subject provides advice to another person with Spondylolisthesis.

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r/Spondylolisthesis • 2y ago

Francoispiet

L5 S1 Spondylolisthesis, yeah or neh?

Need Advice

I haven't been able to get an answer yet. Does this look like it? And if so, what has been your recovery process and time like?



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**ribbit\_reddit\_girl** • 2y ago

I was told the "rule of thumb" to diagnose spondy is to draw a straight line down the sides of each vertebra. If the line doesn't line up with the next vertebra, then that's generally a good proxy for spondy.

Personally I'd say your L5/S1 looks at the borderline of passing that test but IDK. Mine was much more obvious that this even at stage 1

1 Reply Award Share ...

**ribbit\_reddit\_girl** • 2y ago

For example if you run your mouse cursor down the left side of your vertebres in the photo, you can feel the abrupt shift at the L5/S1 point

1 Reply Award Share ...

**AutoModerator** MOD • 2y ago • Stickied comment

**JustBeingMe80** • 2y ago

After DOI

Subject sympathized with a Reddit user who talked about their failed spinal fusions.

reddit

reddit.com/r/spinalfusion/comments/1bqduhj/comment/kx2ppnj/?context=3

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r/spinalfusion • 2y ago

WMhiking

Any nurses post fusion?

I am having an L5 S1 anterior/ posterior fusion in June. I was told by my surgeon that I will be out of work for 3 months due to the physical nature of my job. I am a med surg nurse. Any nurse out there (who works a physically active job) that's had a spinal fusion? Are you able to perform your job after healing?

5

13

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AtLeastMyCat • 2y ago

3 failed fusions later and I've never been able to go back to nursing. But I've got shitty luck so hopefully you'll be fine like your doctor says...

4

Reply

Award

Share

ribbit\_reddit\_girl • 2y ago

So sorry to hear about all these failed fusions :( I can imagine how lonely that is. I'm so sorry.

1

Reply

Award

Share

4 more replies

[deleted] • 2y ago

Went back to community peds ED that's moderately busy at 4 weeks on light duty (sat at triage). 6 weeks I went back to taking assignments. It's definitely not easy and I thank sweet baby Jesus that my coworkers are supportive and help me with holds and such. Mostly just soreness, I've sat at the desk with ice packs a hand full of times. I'm 6 months out now and some days are a little rough and I still don't hold bigger kids or do really difficult holds, but for the most part it's all good. Adult M/S can be hellish though from what I've heard. I wouldn't be surprised if you stayed off for 2-3 months.

I should add I was part time when I went back as well. Been working closer to full time since Jan. My fusion was also just a PLIF, same levels but I had a microdisc the level above.



After DOI  
Subject asked about someone's insurance.

reddit.com/r/Spondylolisthesis/comments/1bqi8tt/comment/kx2qc99/?context=3

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r/Spondylolisthesis • 2y ago

Chris94Gomez

surgery without insurance?

Need Advice

Hello Everybody, I have a question that I'm hoping to get answered. To keep things short as possible I'm M(29) and I been dealing with lower back pain for about 4-5 years now. Mostly it's been doable until recently where I can't even walk or stand for 10 seconds. You would think sitting down will help but no it's just as painful. Went to the doctor and discovered I have spondylolysisisthesis pars fracture L5-S1. Doctor wants me to have surgery but wants me to lose 50-80lbs first. I'm down 12lbs already. Thing is I don't have insurance. I'm dumb I know. Should I get health insurance now or should I wait until November?? I do have quite of bit of money saved up. I'm willing to give them 5K upfront if they'll let me and pay monthly lol. But doubt it. I just feel so lost at the moment on how to proceed..

1

22

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ribbit\_reddit\_girl • 2y ago

Sorry maybe dumb question but why would you wait until November to get insurance?

2

Reply

Award

Share

Chris94Gomez OP • 2y ago

Everybody has told me you can only get health insurance when it's time to enroll. I'm not well educated when it comes to this. I apologize

1

Reply

Award

Share

fyodor\_mikhailovich • 2y ago

I dont want to sound cruel, but it's time to get yourself educated like it's your second job. Without insurance, you will be buying the equivalent of a luxury car. At least \$50k, but more likely \$100k.

5

Reply

Award

Share

gfstock • 2y ago

ALIF + PSF L5/S1

My fusion was \$140K (included hospital stay, etc.). \$2500 out of pocket. I recommend getting



After DOI  
Subject says that she is moving forward with spinal fusion surgery.

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r/spinalfusion

2y ago

steamroller6966

Lumbar fusion positivity

Im getting a 3rd opinion now but it seems that all roads are leading to L4-L5 fusion and laminectomy. Can people that have had good outcomes please post about them. Recovery and the success after healing. This group can be quite scary and i only want to read positive stuff for now. I need to stay positive

13

26

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ribbit\_reddit\_girl

2y ago

OP I'm with you. 27F and currently less symptoms than you but I'm going to move forward with surgery because I'm optimistic it's going to be worth it. Right now I am constantly thinking of my back and I am tired of it.

I have a friend who got L4-S1 fused as a 23yo and says she feels no pain now and would do it again and again. Those type of people are common yet not spending time on these forums.

We will have successful fusions and then give back by posting our HAPPY success stories back into this thread in a year.

4

Reply

Award

Share

rbnlegend

2y ago

Top 1% Commenter

I feel like I have seen a post very like this with similar wording recently.

I had a larger surgery recently that included L4-5 fusion and osteotomy. I am fused from L4-S1, and I had L4-5 replaced. The surgeon also did some reshaping and other corrections with my spinal anatomy. I have 8 pages of surgical reports that describe it in detail. Part of the reshaping helped get my spine closer to proper lordosis.

I would describe my outcome as very positive so far. I am at week 11. The lower back pain I have lived with for 15 years is gone. Gone. My lower back felt fragile, and I restricted my own activity because of that. That fragility is gone. I do have post surgical limitations, but those are temporary. I feel like I can do a lot more than

After DOI

Subject inquires about someone else's Spondylolisthesis experience.

reddit

reddit.com/r/Spondylolisthesis/comments/1bqgz2y/comment/kx2pna5/?context=3

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27F fusion 2014, extreme pain, need support/advice

Need Advice

I'm a 27 year old female who got spinal fusion surgery in 2014 l4-s1 for grade 4 spondylolisthesis. The surgery was beneficial for my nerve pain, and I felt like I got my life back.

However, for the last few years, my pain has been increasingly getting worse and worse. I now find I am living with level 6/7/8 pain every single day. A lot of my pain is on my lower left side for some reason and I have no idea why. All scans are coming back as expected with some degeneration/arthritis but doctors say this wouldn't warrant another surgery or explain my pain per se.

That lower left side is debilitating. I can't stand for more than 5 minutes. I have gained a lot of weight. I've tried massage, tens machine, acupuncture, strengthening when I feel I can (but definitely need to be more consistent). Sometimes I go to a pool just to float for relief.

Has anyone on here had a similar experience? I am beginning to feel like there's no solution. And I'm so confused why it's that lower left side that's so much worse.

What can I do to relieve my pain and feel somewhat like myself again?

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ribbit\_reddit\_girl • 2y ago






Ugh I'm so sorry to hear about this. Can you describe the pain a bit more? Eg. Burning, aching, tingling, shooting, throbbing, etc?

Where on lower left side? Could a screw be loose or something? (I have no idea just throwing ideas out there). I know it's hard to see the light but I'm optimistic for you given nothing is showing on scans... there's gotta be something.

Also do you have a good physio?

2 Reply Award Share

# Other

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*After DOI*

Subject says that she has bilateral pars defect on L5-S1 and in 2020 a car accident triggered spondylolisthesis. She says she has a fusion scheduled in 2 months.

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Running-jackalope

2y ago

Being told I need a fusion.

Need Advice

L4-L5: Mild disc height loss. Posterior disc bulge asymmetric to the left with superimposed broad-based left central/subarticular disc extrusion. There is mass effect upon the transiting left L5 nerve root within the subarticular zone. Moderate bilateral facet arthropathy with facet joint effusions. Moderate left and mild right neural foraminal stenosis. No spinal canal stenosis.

L5-S1: Grade 1 spondylolisthesis of L5 on S1. Posterior disc bulge asymmetric to the left. Moderate left and mild right neural foraminal stenosis. No spinal canal stenosis.

Included Sacrum: No acute or significant abnormality identified for limited evaluation.

IMPRESSION:

1. Disc bulge/herniation at L4-5 exhibiting mild mass effect upon the transiting left L5 nerve root within the subarticular zone.
2. Chronic grade 1 spondylolisthesis at L5-S1 with superimposed disc bulging resulting in moderate left-sided neural foraminal narrowing and impingement of the exiting left L5 nerve root within the neural foramen.
3. Moderate facet arthropathy with facet joint effusions at L4-5.
4. Discogenic endplate edema asymmetric to the left L4-L5, which may be contributory to patient's back pain.

34f spondy from bilateral pars defect that went undetected as a youth and young adult. No, I wasn't a gymnast just a fun childhood 🤪. My first flare up was in 2008, which is when I started working as a wildland firefighter and finished in 2014, went on to volunteer as a first responder until 2023.

After having my son in 2012 upper back muscles became extremely painful (burning and tight) and is still chronic to

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fun childhood 🥰. My first flare up was in 2008, which is when I started working as a wildland firefighter and finished in 2014, went on to volunteer as a first responder until 2023.

After having my son in 2012 upper back muscles became extremely painful (burning and tight) and is still chronic to this day. According to my PT my left erector spinea muscles are 1" higher then my right due to tension. This pain was so severe that I had my first mri in 2013 where they found my spondy, facet joint arthritis and ddd. The spine doctor literally told me not to have anymore kids.

I kept my back pain managed with exercise, acupuncture and became certified as a yoga teacher. I had a very intense pain begin in my right rib cage around the sternum and floating ribs in 2017 that would become hot and hurt to touch, this pain would wrap around to my mid back and could last for months or days. food and tight clothes would cause flare ups that would get so intense I would have to lay down. Still to this day no one can explain this, had an ultrasound and cleared the gallbladder.

Against doctors orders I had my daughter in 2019. No significant change in back pain except now I had intense burning in my left hip/glute. To the point that standing still was unbearable at times. I would have to go stretch or use acupressure for relief. I boiled it down to my mtn trail running, mma and weightlifting. Acupuncture helped relieve that burning pain so I went in monthly.

2022, During an overhead press I felt a pop and some spreading stiffness through my lumbar, unbeknownst to me I Herniated my L4/L5 disc. Being someone who was used to flare ups already, being in so much pain you can't walk or stand straight didn't raise red flags for me. So I healed at home and carried on about 3 weeks later back to teaching yoga, 1st responding, trail running, MMA, weightlifting. Basically repeated this cruel cycle where about every 3-5 months I would get another flare up that was worse then the last with more faint radicular symptoms that were not going away. Finally got another MRI in 2023 that insurance refused to pay for. Found the herniated disc, quit volunteering as a 1st responder and weightlifting. Went to a spine specialist. Had a ct-spect scan done. Showing the herniated disc and spondy are both causing inflammation. The cycle of flare ups continually got worse with less time in between. To the point that kickstarting a dirt bike made something pop and now I have the same radicular pain in both legs. My last flare up was in December 2023. This was by far the worst pain I had been in, to the point it had me nervous it was not going to go away. 3 weeks later and still I couldn't drive without a tens machine on or a lacross ball putting pressure on my l4/l5.

During the flare up I had selective nerve root block on my left side Dec 2023 which provided instant relief of my left radicular and back pain. Right side was still creating pain so 1 month later January 2024 I went in for bilateral disc injections.

March 2024 bilateral radicular symptoms and occasional numbness down to the feet that are aggravated by physical therapy, walking, standing, bending. Muscle spasms up into thoracic muscles. Lower back pain that burns and feels deep. Lumbar has pins and needles sensation 50% of the time. I have to use a cane while feeding my outside animals or doing house chores because being able to lean on something gives me relief and the cane allows me to bend over. Putting on my jacket throws my back out. I'm a mess.

Now let me brag for a moment and relish in my glory days. I was an extremely active and disciplined athlete. I trained and participated in mountain races, deadlift 227#, oh press 140#, yoga teacher, who also was on her way to her first amateur MMA fight. I had goals and was finally reaching them.

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Now let me brag for a moment and relish in my glory days. I was an extremely active and disciplined athlete. I trained and participated in mountain races, deadlift 227#, oh press 140#, yoga teacher, who also was on her way to her first amateur MMA fight. I had goals and was finally reaching them.

I am a shell of my former self. I no longer 1st respond, I didn't renew my EMT license, I stepped down from my role as training officer with my fire department. I can't coach my kids soccer teams or play with them. I can't ride my horse or go for hikes with my family and dogs. I paint and can no longer stand or sit without being in pain.

The MRI I posted was from 3/28/2024.

I am 9 weeks into pt. With no change in pain or radicular symptoms. I'm taking 120 mg duloxetine and 130 m bupropion.

I feel like a fusion may be my best option so I can get some of my life back but I'm torn. I've seen so many healthcare providers raise their eyebrows when a fusion is brought up but my surgeon and chiropractor both believe a fusion will be beneficial.

I apologize to the length of this post. Take care.

5

51

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ribbit\_reddit\_girl

2y ago

27F. Bilateral pars defect on L5-S1 and a car crash triggered spondylolisthesis in 2020. I've exhausted all non surgical measures and have progressed from stage 1 to stage 2. Scheduled for a fusion in 2 months and honestly wish I did it earlier. I'm super optimistic about how it's going to go and know the success rates are much stronger than this reddit makes it seem.

So... agreed with your thinking and here with you

2

Reply

Award

Share

Running-jackalope

OP

2y ago

Right. I feel like when your young and have spine issues that are debilitating or interfering with the best years of your life, that in order to get some of that freedom back we have to step into that uncomfortable position and have surgery but that doesn't come without trepidation. I fear the future with a fusion but in the flip side I fear the future with out surgery.

 Reddit

System ID: [675052](#)

 [Naomi Ellen Baer](#)

↗ <https://www.reddit.com/r/Spondylolisthesis/comments/1bu93tv/comment/kxr32po/?context=3>

*After DOI*

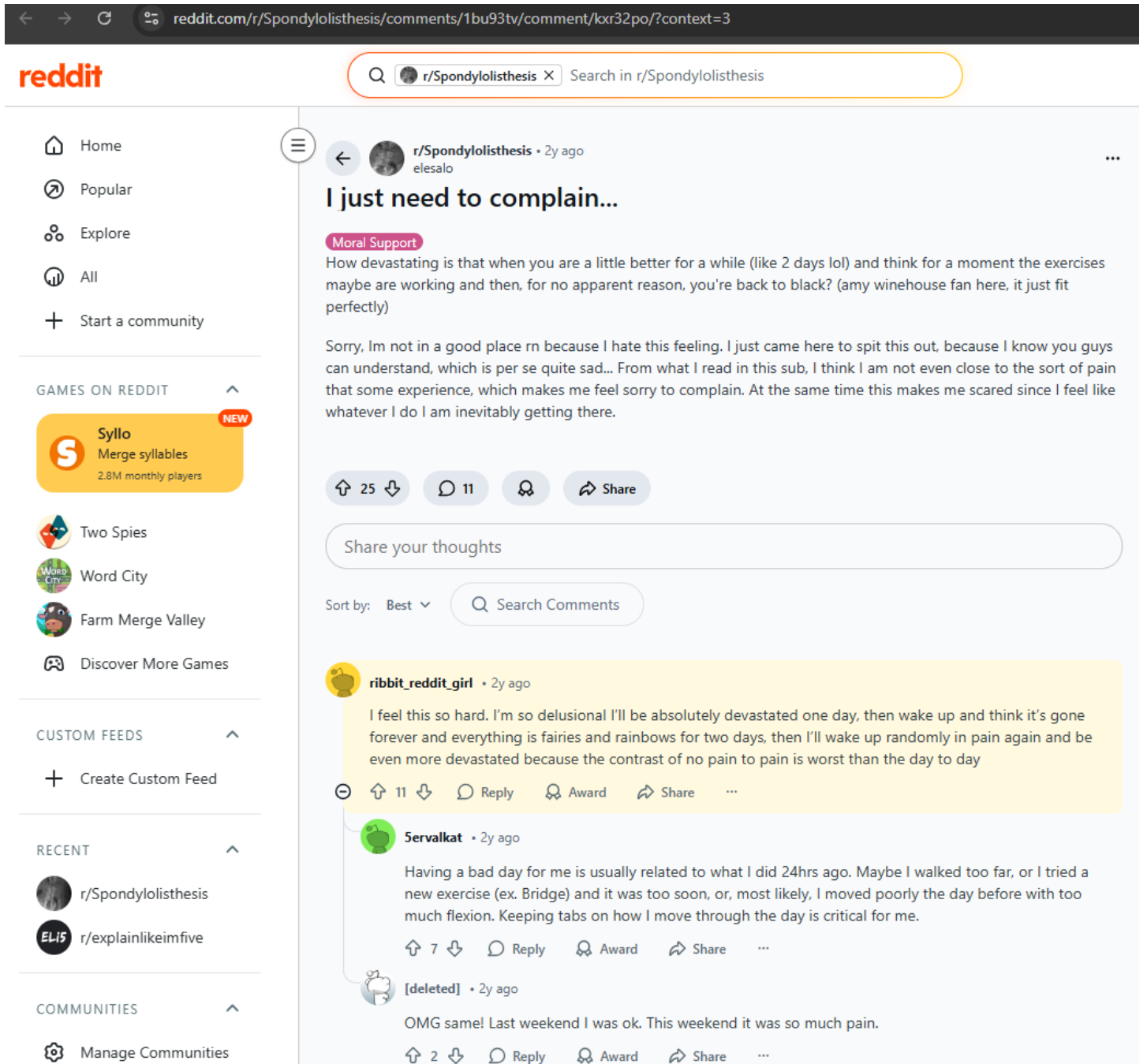
Subject talks about her pain.



Posted: Apr 02, 2024



Captured: Dec 09, 2025





# Other

	Reddit		Posted: Apr 03, 2024
	System ID: <a href="#">674979</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/spinalfusion/comments/1bu9pzy/comment/kxs8qkv/?context=3">https://www.reddit.com/r/spinalfusion/comments/1bu9pzy/comment/kxs8qkv/?context=3</a>		

*After DOI*

Subject recommends the subreddit, "Spondylolisthesis". She says that she has spondy gr2 and is scheduled for an L5-S1 fusion in 2 months.

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←

r/spinalfusion • 2y ago

laroche444

...

Spondylolisthesis fusion

Hi everyone,

I had a spinal fusion many years ago (when I was a kid, now 25F) in lumbo-sacral part, just asking if someone has Spondylolisthesis too since it's fairly rare.

Thank you!

👍 4

🗨️ 10

👤

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uffdagal • 2y ago

Spondylolisthesis isn't rare, not common but certainly not rare. I've had it and was fused for it.

👍 4

🗨️ Reply

👤 Award

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...

laroche444 OP • 2y ago

I have couple of friends but they were fused for Scoliosis so I actually never met someone with SPL. Are you willing to share how it affected you, do you experience pain from time to time, did fusion affected your mental health?

👍 2

🗨️ Reply

👤 Award

🔗 Share

...

ribbit\_reddit\_girl • 2y ago

Hi friend! We have a semi-active r/Spondylolisthesis thread that you are very welcome to join :) I'm 27F with spondy gr2, scheduled for an L5-S1 fusion in 2 months. I personally know 2 other girls my age with it, one who has been fused very successfully and one who is avoiding fusion

👍 4

🗨️ Reply

👤 Award

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1 more reply

HotRush5798 • 2y ago

After DOI

Subject responded to a deleted post in the "Spondylolisthesis" subreddit.

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r/Spondylolisthesis • 2y ago

[deleted by user]

6 21 Share

Share your thoughts

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ribbit\_reddit\_girl • 2y ago

This sounds so exhausting. I'm really sorry you're going through this OP, but I have 100% confidence you'll be better soon

Some thoughts: Can you identify what has triggered your obesity in the first place and try to address those aspects of your life? Would you consider Ozempic or similar drug?

2 Reply Award Share

Disastrous\_Cow\_6673 • 2y ago

Thank you!! I think it's worth looking at any triggers I can think of, a few have come up already as I've been losing weight.  
So I'd never heard of Ozempic, it looks like it needs prescribing so I'll ask my GP about it. Also only available in cases of type 2 diabetes, which I don't have. I'll try anything right now though.

2 Reply Award Share

ribbit\_reddit\_girl • 2y ago

It's like the biggest blockbuster drug in the US right now to cure obesity. The results are insanely, insanely impressive. There are also other brand names for it (eg. Wegovy), but they're all the same GLP-1 agonists. I would check out the r/ozempic thread for more info

2 Reply Award Share

Disastrous\_Cow\_6673 • 2y ago

Thank you!! I'll check it out

1 Reply Award Share

After DOI

Subject states that she has gr2 spondy and tore her ACL.

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r/Spondylolisthesis • 2y ago

Ok\_Trip9238

Ran 1st mile since diagnosis

Moral Support

Hey all, 21M here diagnosed 2 years ago this month with grade 2 spondy and aggravating nerve pain in my hip and tightness in my hamstring. Got my injury from running and haven't been able to run pain free since. I tore my ACL 6 months ago as well so my process has really been hard but just ran a 9:30 mile for the first time this morning. I definitely had some discomfort towards the end but hoping this is a start in the right direction.

I would love to hear other non surgical stories and tips to continue down this path!

12 13 Share

Share your thoughts

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ribbit\_reddit\_girl • 2y ago

Congrats on that milestone!!!! I also have gr2 spondy and tore my ACL at one point, so I'm here with ya 🎉

3 Reply Award Share

Ok\_Trip9238 OP • 2y ago

thank you! it's always one holding me back from the other lmao

1 Reply Award Share

[deleted] • 2y ago

HotRush5798 • 2y ago

grade 2; L4-S1 PLIF

Concurrent strength training and mobility work should totally support running/swimming/cycling.

3 Reply Award Share

Ok\_Trip9238 OP • 2y ago

That's the goal! Been so intense with my glute and core strengthening. making sure i'm pain free with

# TikTok

[@tiktokstarnaomi](#)

System ID: [645667](#)

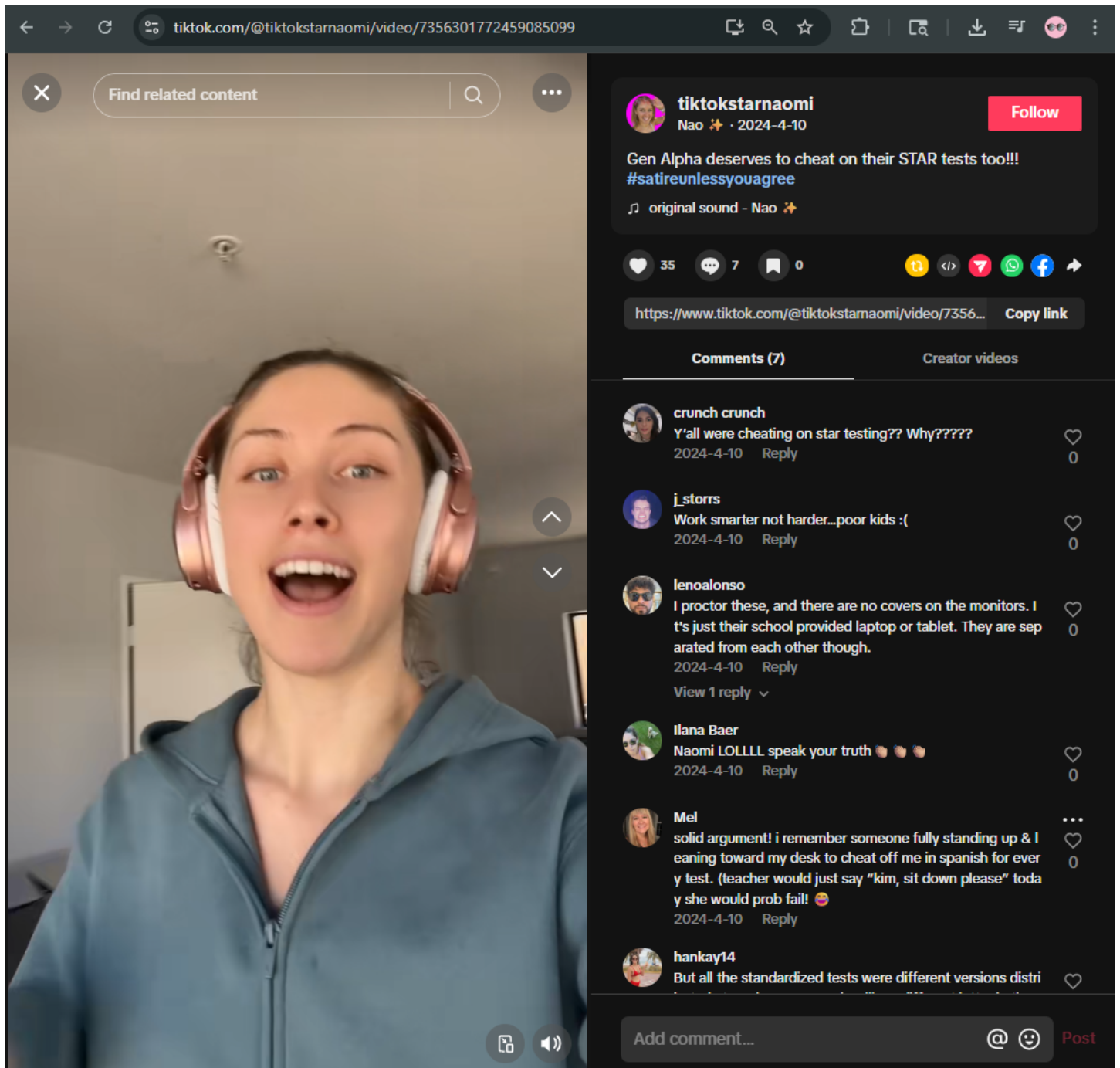
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7356301772459085099>

*After DOI*

"Gen Alpha deserves to cheat on their STAR tests too!!!#satireunlessyouagree"



[Link to download video](#)

After DOI  
Subject says she is doing ALIF.

reddit

reddit.com/r/spinalfusion/comments/1caehxe/comment/l0svinp/?context=3

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r/spinalfusion

2y ago

WMhiking

Surgery but not totally debilitated?

I have grade 2 spondy from bilat pars fractures (isthmic spondy)with bilateral L5 nerve root compression. I'm a 50 yo active female. I have a 360 L5 S1 spinal fusion scheduled for June. This was a huge decision for me, years in the making. I have had second thoughts recently after reading an opinion that one should wait until complete debilitation before having this surgery. I'm not completely debilitated. I can still walk and do the elliptical with nerve pain. I do upper body weights. I'm just dealing with pain all the time and I have mild left foot weakness. Due to the pars fractures, there's no fix for this. I'm worried about permanent nerve damage if I don't do the surgery. Anyone else who was not completely unable to function decide to have surgery?

4

35

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ribbit\_reddit\_girl

2y ago

27F gr2 L5/S1 spondy with bilateral pars defect. My pain ranges from 2-8 but is usually in the 2 range. I'm scheduled for a surgery in June. There will be procedural advancements and fusion-alternatives eventually, but from my research it seems like fusions will be the go-to procedure for the foreseeable future. I'm doing an ALIF now because I'd rather get it over with and move on with other parts of life than wait until I'm in debilitating pain.

4

Reply

Award

Share

WMhiking

OP

2y ago

Agreed! Good luck in June, I'll be right there there with you!

2

Reply

Award

Share

ribbit\_reddit\_girl

2y ago

I'm super optimistic for us. I genuinely think this Reddit has way more fear mongering than necessary. I delayed surgery for years because of this Reddit and now I wish I got it over with sooner. My friend who got 2 levels done said it was life-changing and she would recommend it to anyone with pain. Always remember that the huge majority of people with highly successful outcomes don't spend their days on Reddit. (I'm telling this to you just as much as I'm reminding myself it, haha)

4

Reply

Award

Share

[deleted]

2y ago

After DOI

Subject says she does not have full Ehlers Danlos Syndrome but has hyper-elastic in her joints.

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r/Spondylolisthesis • 2y ago

arcturus\_shadow

Anyone else got upper back pain?

Need Advice

Hey, i'm 16f and I have an L5 bilateral pars defect. Lately pain in my lower back has been worse, but i've also noticed a lot of pain in my shoulders/neck. i was wondering whether this is from my pars defect or Ehlers Danlos Syndrome (which i also have). i want to know so that i know how best to treat the pain. Anyone else got pain in upper back from spondy in the lower back? thanks!

5

9

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ribbit\_reddit\_girl • 2y ago

Same problem! I don't have full EDS but I'm hyper-elastic in my joints.

2

Reply

Award

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AutoModerator MOD • 2y ago

Stickied comment

True-Plum995 • 2y ago

20f I absolutely have that. I don't have EDS so I don't know if it could be that as well, but for me it's sympathetic because my lower back muscles are so tired of working that the others have to strain to support. I do a lot of heat therapy and try to stretch the best I can. If you have access a theragun works well too

2

Reply

Award

Share

arcturus\_shadow OP • 2y ago

a that could be why! straining to support my lower back. i think it's probs a combo of eds and the pars

1

Reply

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arcturus\_shadow OP • 2y ago



After DOI  
Subject shares her friend's experience with surgery.

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r/spinalfusion • 2y ago

[deleted by user]

4 10 Share

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ribbit\_reddit\_girl • 2y ago

Sorry you're experiencing that!! My friend had this happen to her and her feeling came back. I can't remember if it took 6 or 12 months but I know she's back to normal now and is really happy with her surgery outcome overall.

2 Reply Award Share

[deleted] • 2y ago

This is happening to my husband post his L4L5 fusion on 18 Dec 23. He had a blood clot and required a second surgery. His first surgery was a success but the clot/bleed caused the complications. We have now been referred to a neurologist to see what are some next steps. Also being sent to a urologist for ED. The only bright spot is that the fixation helped his back 100%. Now the nerves just need to get with the program.

3 Reply Award Share

Alone-Big1946 • 2y ago

Did your husband have an ALIF? I am 3 months post op from L5-S1 and have retrograde ejaculation where no semen comes out. Doctor said it can take up to a year to resolve and the nerves to heal. I did not have this issue prior to surgery, only post op.

1 Reply Award Share

pngtwat • 2y ago

Do you have bladder and bowel control? If so I think it will improve over a long time.

1 Reply Award Share

After DOI  
Subject's post seeking hobby recommendations after her L5/S1 ALIF in June.

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r/spinalfusion

2y ago

ribbit\_reddit\_girl

### Hobbies in months after fusion?

27F getting an L5/S1 ALIF in June. My doctor is writing me a medical note to get out of work for 3 months. I am committed to not working but worry I'm going to be lonely and bored.

What types of hobbies and activities will I be able to do during this time?

7

19

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TravelExtreme2530

2y ago

Hello, 35M here. I'm currently 9 months post ALIF. I originally had spondylolisthesis that caused a degenerative L5S1 disc which later herniated. Tried everything for 9 months before opting for surgery. Had it done in early July 23'. Was laid up for several weeks then decided to purchase a guitar in Aug. Spent a bunch of time learning and still am. Was great to keep my brain moving while I wasn't. It provides a less physically demanding form of self expression which I like. Guitar aside the surgery has since allowed me to return to hiking, attend concerts and stand without issue, and just started riding a bike again! Good luck with your surgery. Wishing you well.

3

Reply

Award

Share

Away\_Brief9380

2y ago

Went thru it in Feb I Read , studied a language on Duolingo , researched a trip when u get better, spend time with friends or family, walk ! Walk walk ! I got free trials to watch Apple TV etc. At 6 wks u can do pt and go in a pool It will go faster than u think

1

Reply

Award

Share

Board-Special

2y ago

Napping, laying in the heating pad and playing video games, coloring/crafting, walking, walking, and more walking.

Take advantage of the time to heal, listen to your body, and heal well. I went back to work part time recently (@7 weeks) and kinda wish I'd held off longer. Exhaustion and pain from overdoing is a real thing!

Good luck!

1

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2 Reply Award Share ...



nicoleonline • 2y ago

Omg hello my friend!!! I'm 27F getting L5/S1 ALIF April 30th/next Tuesday! My husband and I have been trying to figure this out too so I'll be following this thread.

This is kind of extra but I'm so excited about it. We sometimes butt heads/get overwhelmed on what to watch and especially when I'm in pain. So something we've preemptively done was create an excel spreadsheet of movies and TV shows I want to see, categorized by how low key or high key they are to match my pain level & what I'm game for stress wise. This seems so silly but I have pretty bad adhd and I just know with the overwhelm of surgery and recovery burnout this list is going to come soooo in handy.

Idk what my brain fog is going to be like during recovery but I also have a stack of books and games of different genres and difficulty ready to go. I'd love to paint, but I haven't been able to sit up to do that in years. I bought some new clear gesso to mix with my acrylics so that once I'm in the core-strengthening phase, I can practicing sitting up and standing up by painting.

Lastly, I just downloaded Pokémon Go again. Since I'm in the city, there are a ton of predetermined paths / routes you can walk on near me of varying lengths (think varying half a mile to 5 miles or more) with Pokéstops and Gyms along the way. Not only will gamifying my walks help me get out there and do them consistently, but seeing the distances will help me choose & track my progress, plus I can see which stops have more seating available!

We got this!!!!

7 Reply Award Share ...



ribbit\_reddit\_girl OP • 2y ago

oh HELLO friend!!!! :)

This comment made my day, thank you for writing such a thoughtful response!! I love that idea hahaha I may put together something similar with my boyfriend. Downloading Pokemon Go is freaking genius. I am 10000000% doing the same thing.

Please keep me updated how everything goes. I am considering putting together a chat group for people in their 20s all getting fusion within the same month timeframe. I think there should be like 3-4 of us and it may be nice to have a chat support group.

4 Reply Award Share ...



nicoleonline • 2y ago

I would love to be a part of this!! It's so reassuring to know other people our age are going through it, I'm sure all of us have been medically gaslit to death! I'll be posting about my experience in this sub for sure. I'm very nervous but I know it's the right decision for me!

3 Reply Award Share ...



nlynch2 • 2y ago

I'd be down to join the group for 20 year olds! Lol

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2 1 Reply Award Share ...

**ribbit\_reddit\_girl** OP • 2y ago

Yayyyy welcome hahaha 🎉🎉

1 1 Reply Award Share ...

**PatientToe12345** • 2y ago

Listen to your doctors and not anyone here in terms of anything physical , including walking.

2 2 Reply Award Share ...

**rbllegend** • 2y ago  
Top 1% Commenter

Yeah, right after the sugery, your hobby will be painkillers, naps, short walks, and television or books. After that, people have different healing experiences. You may find yourself doing more walking, being capable of more time sitting upright, and importantly, taking fewer pain meds which will mean better ability to concentrate. I had plans to play games on my switch, but by the time I could focus enough to want to do that, I was able to do a lot more. It is very important to walk after your surgery. Short walks are good, it can be easy to overdo it, and if you find yourself worn out and a mile from home, that's not great. Guess how I know that?

If you are not easily offended, the show "Obliterated" on netflix was great on pain meds.

4 4 Reply Award Share ...

**AMLB1113** • 2y ago

I'm having the same procedure on the same vert June 4th. Thanks for this question. I have so many other questions and don't even know where to start.

3 3 Reply Award Share ...

**ribbit\_reddit\_girl** OP • 2y ago

I'll be June 14, so we can be surgery buddies! Looks like you'll be getting over the worst part right when I have my procedure. We can use this comment thread to share tips/tricks if helpful :)

I get bouts of anxiety/nervousness but overall am really optimistic for a "one and done" successful procedure.

6 6 Reply Award Share ...

**AMLB1113** • 2y ago

I'm anxious about my surgery, but in a positive way. I had three discectomies on the L5-S1 disc in Feb, July, and Oct of 2020. The pain grew worse over the past few years, especially during a 4-day stay in the hospital in January. So I am hopeful that I'll see an improvement.

4 4 Reply Award Share ...

# Other

 Reddit



Posted: Apr 25, 2024

 System ID: [674758](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/Spondylolisthesis/comments/1ccucc0/what\\_does\\_a\\_2\\_or\\_3\\_pain\\_level\\_mean\\_to\\_you/](https://www.reddit.com/r/Spondylolisthesis/comments/1ccucc0/what_does_a_2_or_3_pain_level_mean_to_you/)

*After DOI*

Subject's post asks for others' opinions on measuring pain levels.

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2y ago

ribbit\_reddit\_girl

What does a 2 or 3 pain level mean to you?

Survey

I know pain is different to everyone and the numbers are very imperfect measurements. Still I'm curious — when you say your pain level is a "2 or 3," what do you mean by that? How does that feel?

1

13

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ribbit\_reddit\_girl

OP

2y ago

For me, a 2 is a constant dull ache that makes sitting too long uncomfortable and I can also feel when walking. If I spent week(s) at a level 2 before it went away, I'd just think of it as a meh period with a randomly achy back.

A 3 is a similar pain except it dominates a lot more of my mindshare and I may start making activity decisions to accommodate it (eg. walk less)

4

Reply

Award

Share

sarahspins

2y ago

2 for me is noticeable but not limiting.

2

Reply

Award

Share

Justme8993

2y ago

Level 2 or 3 is a great day! 🥳

10

Reply

Award

Share

toxicophore

2y ago

grade 1 retro; L5-S1 TLIF

About the level of laying on my arm funny so it starts to go numb; it's annoying, but I'll keep doing it. A 2 or 3

After DOI  
Subject talks about her pain.

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reddit.com/r/Spondylolisthesis/comments/1cce2pe/comment/l15oy3n/?context=3

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Few\_Leading\_9703

Am I the only one?

Moral Support

I'm scheduled for an L5/S1 spinal fusion on June 25. My pain ranges from a 3-9 every day. I take gabapentin and ibuprofen and Tylenol, too, but those are my only pain relievers. By the middle of the day, I'm worn out & by the end of the day, I'm completely wiped out. This has been happening for months or nearly a year. I'm guessing this is from fighting constant pain?? Has anyone else experienced this? I've been treated for sleep apnea, so I don't think that's it. The pain is the only other thing I can attribute this to...

11

17

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ribbit\_reddit\_girl

2y ago

Not exactly what you're saying but my pain also ranges from a 2 to 7/8. I sometimes struggle to process/remember that the 2 IS valid pain even though it just feels like constant dull manageable discomfort. But even the constant aching feeling really exhausts me! Though I feel guilty for being so affected by something "so small" too :/

3

Reply

Award

Share

dalifang

2y ago

Trying to hide the pain from my family is exhausting too! They want me to go for the fusion but i am trying to fix myself. 4/24/24 makes 3 years

3

Reply

Award

Share

laterforclass

2y ago

Being in pain especially having peaks and valleys of pain becomes exhausting.

12

Reply

Award

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Few\_Leading\_9703


OP

2y ago

It is! It's a roller coaster




# Other

 Reddit



Posted: Apr 28, 2024

 System ID: [674970](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/spinalfusion/comments/1cf2n3u/am\\_i\\_crazy\\_to\\_get\\_a\\_fusion/?sort=new](https://www.reddit.com/r/spinalfusion/comments/1cf2n3u/am_i_crazy_to_get_a_fusion/?sort=new)

*After DOI*

Subject asks if she is crazy to consider fusion surgery after a bad car accident four years that gave her spondylolisthesis and L5/S1 lower back pain.

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r/spinalfusion • 2y ago

## Am I crazy to get a fusion?

I'm 27F and was in a bad car accident 4 years ago which gave me spondylolisthesis and L5/S1 lower back pain. 80% of the time the pain hurts 2/10 10% of the time it hurts 7/10 10% of the time it hurts 0/10.

Even though it's not DEBILITATING, it has been devastating for my mental health and I'm not active like I used to be. 3 surgeons have all told me to do a fusion and I think I'm going to go forward with it.

Am I crazy for doing surgery even though most of the time I'm "fine"? I'm scary I'm going to make a huge mistake but I'm desperate to feel better.

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[deleted] • 2y ago

I am 40 and in a similar pain that you are in. I was told that my only option is a fusion L5S1. However, they are saying i am too young and to try to hold off. The one only medication i take for pain and my mood is duloxetine. I swear it brought me out of a severe depression due to 4 years of pain and i would recommend you talk to your doctor about it.

1 Reply Award Share

BIGANG74 • 2y ago

Im 49 M. Had a spinal fusion and laminectomy l3 to s1. I could barely walk with the sciatica. It helped yes but now I have si joint inflammation which is causing severe pain and this happens in 40% of fusion patients. Do your research and be sure. Also the recovery is very difficult Be prepared to be in pain for quite a while. I just want you to know what you're up against so you can make an informed decision

1 Reply Award Share

Srdire • 2y ago

Is there anything they can do for the SI inflammation?

1 Reply Award Share

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r/spinalfusion

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**beleftalone** • 2y ago

I am almost 12 years post L4, 5, S1 fusion. I have very severe arthritis (radiologist's words not mine) in the facet joint right above my fusion. I do not regret my decision to be fused but this is a very personal decision so take your time in making it. Make sure you have a neurosurgeon you like and trust. Good luck, I will keep you in my thoughts and prayers!

1

Reply

Award

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**ribbit\_reddit\_girl** OP • 2y ago

Thanks for your response. How do you thin your arthritic pain compares to your pre-fusion pain? Also, what is the eventual treatment for arthritis (if there is one)

1

Reply

Award

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**beleftalone** • 7mo ago

The arthritic pain is more constant, not quick sharp jolts like pre-op. Injections, pain medications and exercise are the only remedies I've had so far. I guess if the pain worsens beyond that they can do further fusions.

1

Reply

Award

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**beleftalone** • 2y ago

That's a good question and tough to answer. Pre-fusion, my back would like get a catch where I would get quick sharp pain. I also had trouble standing still in one spot which I still have issues with. Pre fusion I also had episodes where my back would "go out". I have two other surgeries since my fusion. The first (a few years after the fusion), I had a new MRI due to continued pain and the doc thought I had disc material interfering with a nerve. When he got in there, there was no disc material but my ligaments had thickened due to non use (because of my fusion). He found that the ligaments were interfering with the nerve instead, so he trimmed them. Then in July of 21', I had a spinal cord stimulator installed to help deal with my pain since I am maxed out on the amount of medicine I can be on. Sorry, back to your question. Arthritic pain is not sharp pain that comes and goes but more constant. It's still debilitating but not the sharp "catches" like I was experiencing. Arthritic pain can also be susceptible to weather changes. Low pressure systems can make me miserable. Do it is more prevalent in spring and fall weather patterns. Summer is the most stable for me. Another frustration with arthritic pain for me is I may feel pretty good reclining in a chair but when I try to do something I find out, "ain't happening today". I also feel it for days when I over do it. Sorry, I know this is more information than you were wanting, it's just hard to explain without adding additional information.

1

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After DOI  
Subject asks how her pain will be after her L5-S1 fusion.

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r/explainlikeimfive

r/spinalfusion • 2y ago

ribbit\_reddit\_girl

Will rest of back feel better after fusion?

Getting an L5-S1 fusion. My spondy is at that level, but I also have pain (presumably / hopefully from the overcorrection of my spine). How will the fusion impact my upper back? Might it help with that pain or could it make it worse?

1

2

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Lefty923 • 2y ago

In my personal experience, yes.

The rest of the back will compensate and bare the load. This goes top down and bottom up.

1

Reply

Award

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Away\_Brief9380 • 2y ago

I had fusion on 2/7 on l4/s1

My upper back had been very sore but PT had me strengthening it and it's getting better

More so I have tightness in my so joints every day when I wake up

1

Reply

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After DOI  
Subject thinks she may have a connective tissue disorder.

reddit

reddit.com/r/xxfitness/comments/x8c5t0/comment/l29bznf/?context=3

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r/xxfitness • 3y ago

Metazoick

### Wait, are you NOT supposed to be in pain during/after exercise?

Just had a pretty shocking conversation with my partner; apparently it's fine if exercise leaves you sore in a warm, tired, burny muscle kind of way, even to the point where that's uncomfortable, but it SHOULDNT result in actual pain? Like joint pain, limping, trouble moving around, bone pain, muscles that hurt too much to use afterwards even for days on end etc mean you've pushed yourself too far and have effectively injured yourself? Maybe I sound like an idiot but I'm mind blown.

I'm not somebody who exercises for fun, and every time I've tried to get into it I've stopped because, well, it hurts. I'm a real couch potato because pain is bad and so when I try to do even a full beginner routine it gets painful, and on the rare occasion it's not painful while finishing it it's definitely painful when I'm trying to crawl around the next day because moving sucks too much. I thought this was what everybody was doing. I thought exercise people were just ok feeling literally beaten up every day for the health benefits and that I just didn't want it enough to endure. But you're supposed to stop during the nice burny used muscle legs are tired and wobbly bit and not the ow I'm in too much pain to continue bit?!

I feel like an idiot. But workout culture is full of people saying no pain no gain, it's full of people pushing you to keep going and finish your reps even if you think you can't anymore - I really thought exercise was just supposed end with being unbearably painful. I've read a bunch about routines, I've even read most wiki pages here and lurk, but I've never seen anything address this.

Am I literally the only person who thought exercise had to be painful? Is my partner totally wrong, and exercise does just genuinely hurt a lot but everybody is pushing through? What are your experiences of discomfort, pain and injuries during and after working out as reference?

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482

174

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EachHjgEt • 3y ago

A bit of an aside but you sound so much like me in your post that I had to mention it: I thought that too and it turns out I actually have a connective tissue disorder. Not saying that's your case (it's probably not). Buuut ... If you also happen to have pain on a regular basis outside exercise (any amount), maybe talk to your dr? By any amount I really do mean any amount of regular pain. For me, the wake up call was when I was mind blown

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EachJgEt • 3y ago

A bit of an aside but you sound so much like me in your post that I had to mention it: I thought that too and it turns out I actually have a connective tissue disorder. Not saying that's your case (it's probably not). Buuut ... If you also happen to have pain on a regular basis outside exercise (any amount), maybe talk to your dr? By any amount, I really do mean any amount of regular pain. For me, the wake-up call was when I was mind-blown when someone told me "The normal amount of pain for everyday things (like walking, exercising, carrying groceries, etc) is zero". Hope you can figure out something that works for you!



4



Award



Share



ribbit\_reddit\_girl • 2y ago

I think I have this too but is there anything to do about it? Do you live life differently or take meds that help?



1



Award



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EachJgEt • 2y ago

Yeah my life has changed a lot since I wrote that comment (and since I discovered what was going on). The biggest changes are: 1- I see a specialized physio who has really changed up my exercise routine. Strengthening the right muscle groups also helps. 2- I have meds that help a lot. 3- this was probably my biggest game changer, but now I know what not to do. Feel free to PM me if you want to talk about it more in detail! I know I felt super lost at the time so I'm always happy to help if I can :)



1



Award



Share



ribbit\_reddit\_girl • 2y ago

Thank you, PMing!!!!



1



Award



Share



glowing\_fish • 3y ago  
powerlifting

DOMS are normal for a week or so after doing a novel exercise. What you're describing is not normal. I would definitely recommend talking to your doctor.



703



Award



Share



Metazoick OP • 3y ago

It's useful to get confirmation that what I'm describing isn't normal, thank you. For reference how bad



After DOI

Subject asked another Reddit user how their spinal fusion has helped them.

reddit

reddit.com/r/spinalfusion/comments/15qb5cx/comment/1283i9r/?context=3

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r/spinalfusion • 2y ago

BrilliantExcuse3417

Hyper mobility/ EDS

Has one had a spinal fusion who also has hyper mobility / EDS? I have quite a lumbar lordosis from being so flexible and I've been having mechanical pain from spondylolysis with multiple pars fractures and I'm concerned about the healing process. I'm due to have spinal fusion surgery and I'm wondering if your doctors have done anything different to account for EDS or if it's the same recovery process. Do you have to wear a brace? Is bed rest longer/ hospital stay longer?

2

15

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-mouse\_potato-

• 2y ago

I have EDS, my surgeon is expecting my recovery to go a bit slower because of it, he says people with EDS heal slower, so he pushed back my 2 week follow up to a 3 week follow up.

He had to use staples to close up my incisions, which he said he never uses, because my skin was so stretchy and rubbery he was afraid the incisions would tear open when changing the waterproof bandaging over them. At the 3 week appointment he'll be taking those out.

He was originally concerned that my bone quality might not have been as strong, but was relieved during surgery to find my bones were surprisingly healthy.

Since the surgery I've been having issues with my blood pressure dropping much lower than usual (it usually runs low) and that combined with the POTS was really throwing the nurses off in the hospital, but it's not too bad.

I also have immune deficiency, and wound up with an infection after surgery, but we caught it very quick and he got me on antibiotics right away so it never got out of control.

Other than that recovery is going normally for me so far!

Edit: Forgot to add I do have to wear a brace whenever I'm not laying down, he said we will play it by ear but wants me in it for at least the first 3 months. And the hospital stay wasn't any longer than normal. I had surgery Monday and was released Wednesday.

reddit.com/r/spinalfusion/comments/15qb5cx/comment/1283i9r/?context=3

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Treadwell2022 • 2y ago

How are you doing now? What surgery did you have exactly? I have EDS and was told today that I need an ALIF at L5-S1 with posterior screws to correct a grade 3 spondylolisthesis. They will do it in two surgeries a few days apart, said that should help recovery.

Also, what other joints were causing issues pre surgery? I have a lot of issues with my left SI joint and slipping ribs. I'm wondering if the fusion will make those worse, or if the spondylolisthesis is contributing to those issues now.

Hope you're doing well! Thanks!

1

Reply

Award

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-mouse\_potato- • 2y ago

I'm doing really well right now! I'm just a couple weeks shy of being 3 months post op! I'm having no issues walking multiple miles at a time, hiking, cooking, cleaning, pretty much everything isn't causing any issues. I'm not taking any pain medications or muscle relaxers, not even Tylenol, and haven't for a long time! I still have general swelling around my spine where the surgery was and have some mild soreness every so often, and I get a bit more sore towards the end of the day or if I'm standing still in one spot for a long time (movement is super important!) But a lot of the time I'm having no pain at all! Twisting or bending on accident will give me a shock of pain, but I'm still not supposed to be doing that anyway! I also get these weird muscle spasms in the morning that seize up both of my legs for about 5 seconds after I first stand up, but it's not a big issue. It's amazing just being able to sleep on my back, and how little pain I have in general. It's like night and day compared to before the surgery. Im so happy I got it!

I had an olif L4-L5, an Alif L5-S1, and posterior instrumentation and laminectomy, all was done same day for me. I was cut open on my lower left abdomen, left side above the hip and on my back asking the spine. Before surgery I was having issues in most of my joints. My arms dislocate chronically, legs not as much though, slipped ribs happen often. I also have arthritis in both knees and throughout my spine, I suspect I have it in many other joints as well, but those are the only ones I've had xrays to confirm! I was constantly in pain in my lower back and hips and legs. I thought my hip pain and leg pain was SI joint related before the spondy was found. The hip and leg pain is gone now though! :) The fusion hasn't helped with any of the other joint issues.

Sorry to hear you are having so much pain, the surgery will definitely help a lot! I hope your surgery and recovery goes as quickly and as painless as possible! After surgery make sure to move as much as you can! You'll get really stiff and more pain if you don't! Sometimes it'll hurt and you'll think there's no way you want to walk, but you'll be surprised to find the pain going down as you walk! It helps keep the inflammation down, which helps lessen the pain! If you have any other questions let me know!

2

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Sorry to hear you are having so much pain, the surgery will definitely help a lot! I hope your surgery and recovery goes as quickly and as painless as possible! After surgery make sure to move as much as you can! You'll get really stiff and more pain if you don't! Sometimes it'll hurt and you'll think there's no way you want to walk, but you'll be surprised to find the pain going down as you walk! It helps keep the inflammation down, which helps lessen the pain! If you have any other questions let me know!

2

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ribbit\_reddit\_girl • 2y ago

How are you now @mouse-potato? Has your fusion helped or impacted your joint pain at all, or totally separate?

1

Reply

Award

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-mouse\_potato- • 2y ago

I'm doing great! It's at the point that I rarely even think about my back anymore, though I do still get stiff or a little pain if I'm sitting in one spot too long. The fusion hasn't changed my joint pain at all, they're two separate things.

1

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After DOI

Subject states that she has whiplash neck pain from an accident.

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reddit.com/r/spinalfusion/comments/1ci5wku/comment/l27yaho/?context=3

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r/spinalfusion • 2y ago

MassiveRope2964

...

Just got MRI results and could use any words of encouragement

Multilevel degenerative disease C2-C5 indicated by loss of T2 signal. C5-6 is bulging and causing on spinal cord with foraminal stenosis, canal stenosis, cord deformity and facet hypertrophy.

I'm only 32 and I have one year old twin babies. Pain worsened over 7 years after car accident and then was multiplied by twin pregnancy. Trying so hard to keep a good attitude but I just got the report today and expecting to talk to the doctor's PA next week. Based on research I'm headed toward multilevel fusion. Maybe a disc replacement with a miracle? I don't know but I lived a tough childhood then got hurt at 24. It just sucks. Can any one tell me I'll have a pain free day some day?

6

14

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ribbit\_reddit\_girl • 2y ago

Sending lots of love just curious what your pain initially felt like and how it worsened? I have whiplash neck pain from an accident as well

2

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...

MassiveRope2964 OP • 2y ago

hey girl. For me it started with intense muscle spasms around my shoulder blades in the rhomboids, traps, and neck muscles worse on one side. That started in the first few weeks after the accident after I was getting off the pain meds and into PT. The earliest stuff was full body ouchies and ache-ies from the velocity change. Thanks for the support btw I've been feeling much better

1

Reply

Award

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...

franzfelling • 2y ago

I only had two levels fused (C5-C7) and I didn't have to go through pregnancy after my accident, let alone twins, but I can tell you that from the moment I woke up from my surgery, the pain has been tremendously better. You're in the most anxious time right now while you face all these unknowns on top of all the pain, but there is hope! You're a superhero!! Hang in there!!!

# TikTok

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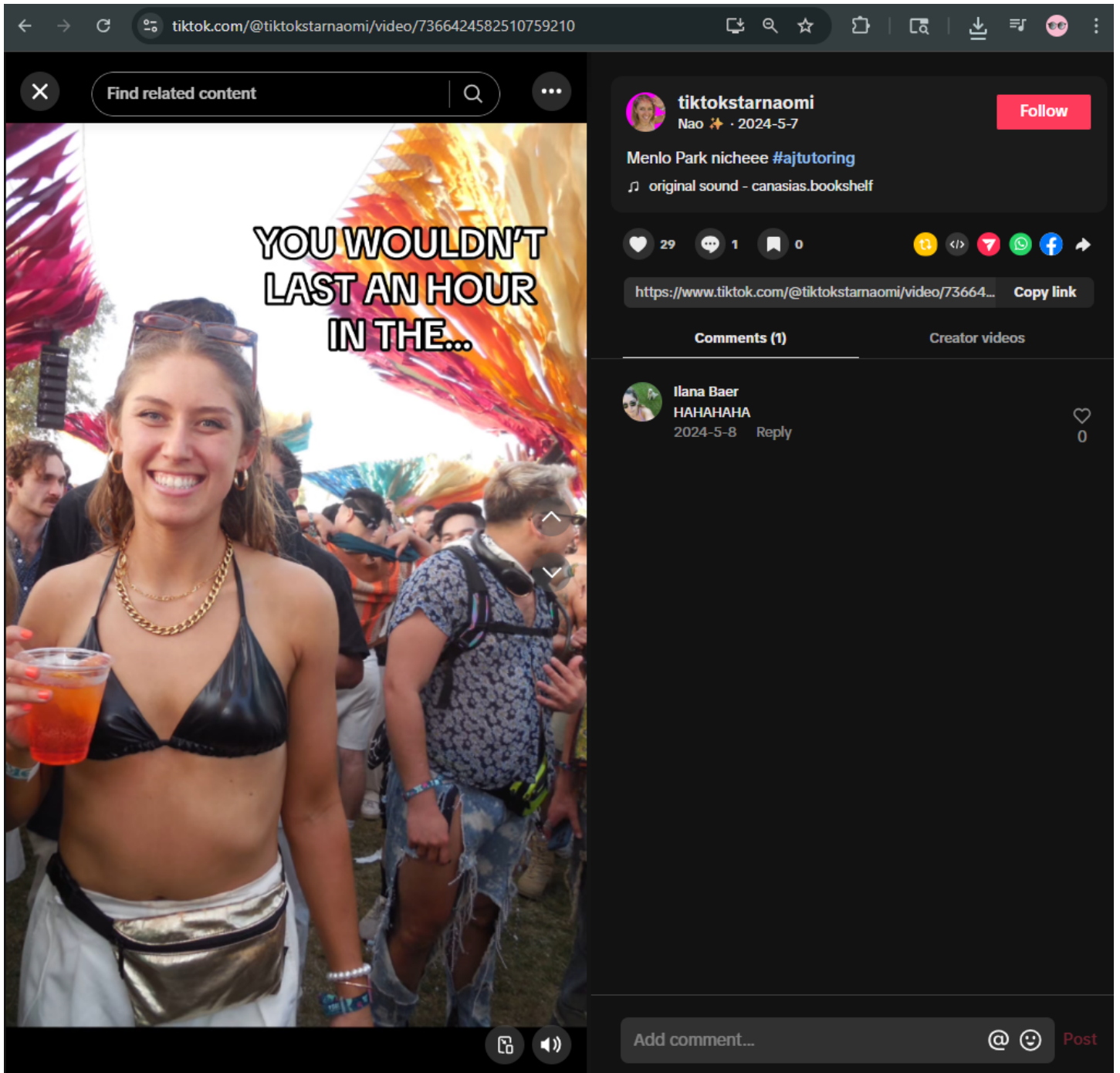
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7366424582510759210>

*After DOI*

Seen standing and holding a drink at an event "Menlo Park nicheee #ajtutoring"



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After DOI  
Subject asked if spinal fusion helped pain in other places.

reddit

reddit.com/r/spinalfusion/comments/1co8wwi/comment/l3cwz8v/?context=3

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←r/spinalfusion • 2y ago [deleted]

It's gonna be ok.

Sorry, this post was deleted by the person who originally posted it.

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ribbit\_reddit\_girl • 2y ago

Thank you for this. Curious, did you have any pain in other places that the surgery also helped? For example, did fixing that one part of your back also help improve pain in other areas?

1ReplyShare

[deleted] • 2y ago

Back pain was all I had. But I'm sure you have muscles tightness in other areas for sure. Once your back goes to shit your body has to compensate

1ReplyShare

[deleted] • 2y ago

Also had a microdisectomy first after multiple steroid injections that did nothing. Physical therapy about 209 times. Sometimes you just gotta fix it for good. Yea the surgery sucked but oh well.

10ReplyShare

annaocceanus • 2y ago

How old were you when you got surgery

2ReplyShare

[deleted] • 2y ago

After DOI  
Subject says she was diagnosed with gr2 spondy at 23 and is getting a fusion this year.

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Need Advice

Clinical information: Severe low back pain with grade 2-3 spondylolisthesis.

MRI lumbar spine:

Sagittal T1, T2, STIR and axial T2 weighted sequences of the lumbar spine were performed.

Comparison is made to a CT scan of the abdomen and pelvis dated November 28, 2020.

The L1-2, L2-3 and L3-4 levels demonstrate no significant pathology.

L4-5 demonstrates mild facet osteoarthritis.

L5-S1 again demonstrates bilateral L5 pars defects and 14 mm of anterolisthesis which is increased from 9 mm previously. There is severe disc narrowing and pronounced diffuse disc bulging and reactive endplate changes. The central canal is widely patent but there is severe right greater than left foraminal stenosis compressing both L5 nerve roots.

Impression:

L5-S1 Grade 2 spondylotic spondylolisthesis and advanced degenerative disc disease with severe bilateral foraminal narrowing compressing both L5 nerve roots, worse on the right.

I can't talk to my doctor for a few weeks about these results and I'm scared and upset. I'm 25 and I'm shocked at the results. If anyone has some similar MRI results/diagnoses, what did treatment look like for you? I don't know what to expect. It's becoming hard to sit, stand, lay down or walk at all. I'm in constant pain and tingling. Advil and Tylenol is not helping the pain, but icing while sitting reclined temporarily helps (until I move again). What do you do for pain while waiting? 8 months ago I was fit and active, always up for a challenge physically and now I can't even stand to cook in my kitchen. I can't go for a walk with my husband. I can't even hug him like before as he is taller than me and I can't extend my back to look up.

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ribbit\_reddit\_girl

2y ago

27F, also diagnosed with gr2 spondy when I was 23. I'm getting a fusion this year and am really looking forward to it and feel confident it will work. I have a friend who had a 2 level fusion when she was 22 and says it changed her life and she never thinks about her back anymore.

Remember this sub is biased towards negativity because people go online when looking for support, not when thriving.



# TikTok

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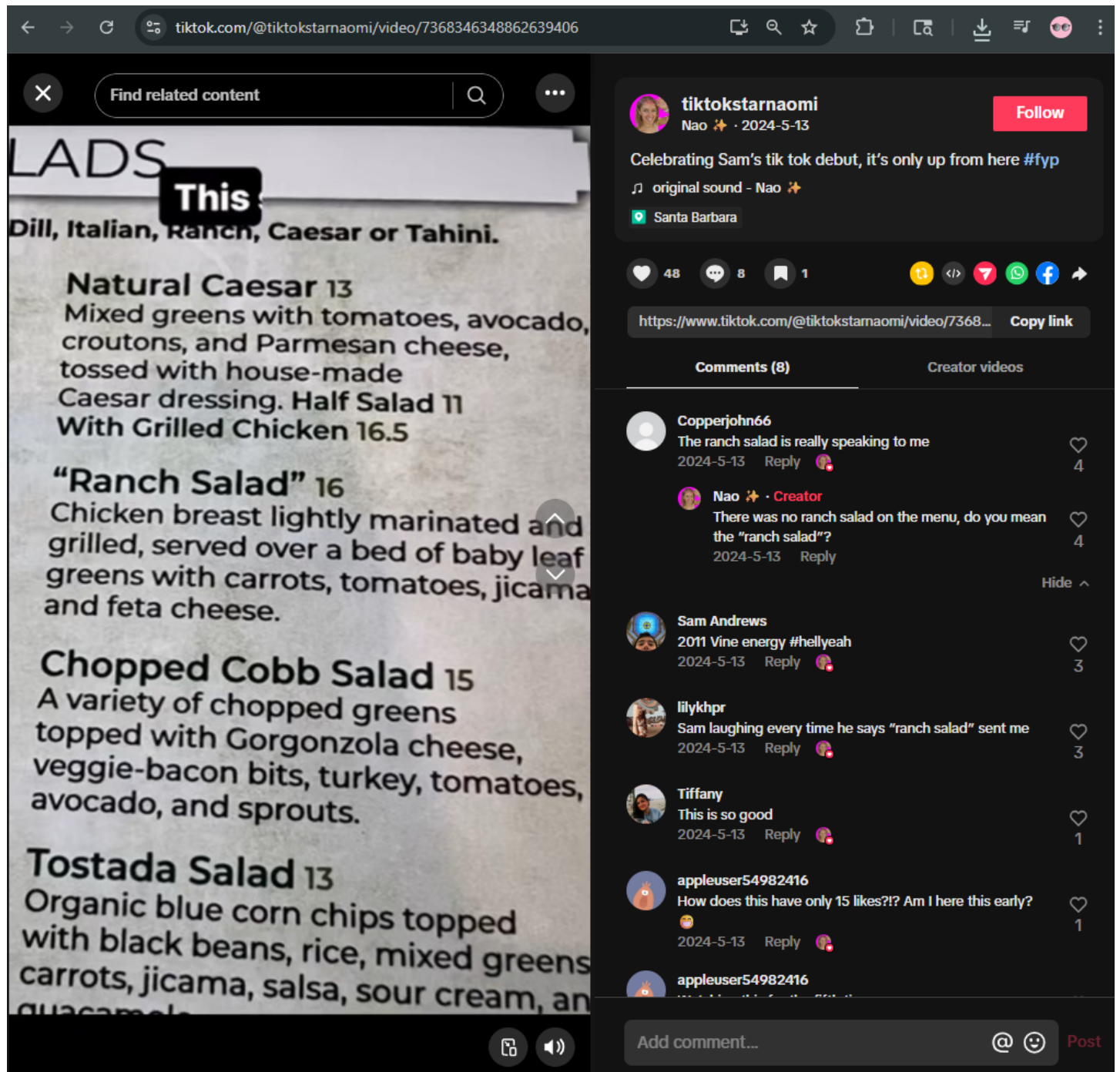
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7368346348862639406>

*After DOI*

Seen at a restaurant with an associate "Celebrating Sam's tik tok debut, it's only up from here #fyp"



[Link to download video](#)

After DOI  
Subject's post seeking advice regarding her mother-in-law's finances.

reddit

reddit.com/r/FinancialPlanning/comments/1crkkzv/help\_with\_finances\_for\_disabled\_mil/

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2y ago

ribbit\_reddit\_girl

Help with finances for disabled MIL

Really could use some help here.

My 69yo MIL became a paraplegic after an accident ~35 years ago and has more or less relied on disability and part time nonprofit work since then. She also is a full time caretaker for her 102yo mother, who she shares a home with. (Yes, MIL is an AMAZING human.) She will inherit the home (\$800k value, structurally customized to accommodate MIL's disability) when her mother passes.

MIL is avoidant and doesn't understand personal finance, so she just straight up lies when we try to ask her questions about money or future plans. However, I've recently learned that MIL is over \$100k in CC debt and also has less than \$100k left in her IRA. Every month she spends more than her income, so this is only getting worse with time. We also expect costs to dramatically increase as she eventually needs a full time caretaker once she can no longer lift herself from her wheelchair.

Is there anything we can do to help fix this?

The situation feels unique but maybe it's not. All recommendations on what to do are appreciated. Could really use some advice.

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After DOI  
Subject replied to a post made on the "MBA" subreddit.

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reddit.com/r/MBA/comments/1cregw6/comment/l3yhc1w/?context=3

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r/MBA • 2y ago

Someone talk me off a cliff - re Vera salary verification.

Admissions

Just got an email from Re Vera asking for proof of employment/salary etc for a TA position I held in college.

For the TA position, I didn't have any of my employment documents when I applied (they were all on my deleted student email) and just estimated my hourly rate based on info in my W-2 from that year. I annualized this hourly rate assuming 40 hours per week x 5 days a week as it asked for "annual base salary." In reality I was only paid \$1000 but I annualized my hourly to be like \$40k (since I only worked 5-10 hrs per week).

In hindsight this was stupid for me to not request my official documents, and I shouldn't have annualized part time work. I'm worried about this mistake costing me admission.

I provided the explanation to Re Vera but was wondering if anyone has had any similar issues or just reassurance that I'll be okay? This was such a minor piece of my application, I didn't think twice about it, and I didn't mean to overstate my TA salary.

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ribbit\_reddit\_girl • 2y ago

Also fwiw nobody would ever believe you literally made \$40k from a college job lol — you're def good

35 Reply Award Share

Refrading • 2y ago

I know a guy in this exact situation. He lied. Re Vera caught him. His offer was withdrawn. He had no other options. Homelessness. I would pass him on my way to class. I'd give him my leftovers every now and then. Super sad.

Anyway, best of luck!

320 Reply Award Share

# TikTok

[@tiktokstarnaomi](#)

System ID: [645674](#)

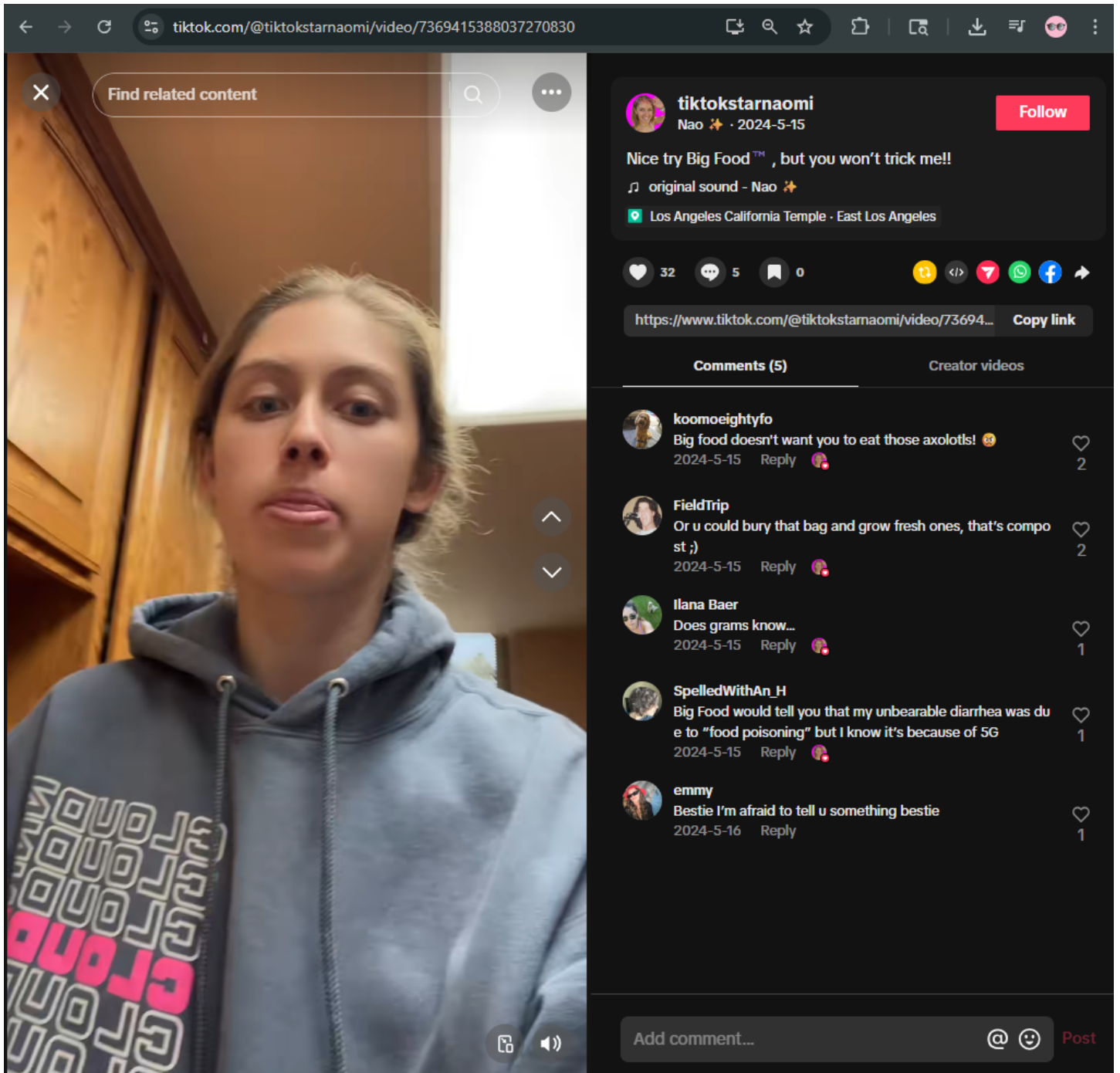
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7369415388037270830>

*After DOI*

"Nice try Big Food™, but you won't trick me!!"



[Link to download video](#)



After DOI

Subject made a comment about sexuality on a deleted Reddit post.

reddit

reddit.com/r/self/comments/1cs63oe/comment/l47uz14/?context=3

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r/explainlikeimfive

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←

r/self

2y ago

[deleted]

...

[deleted by user]

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0

12

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ribbit\_reddit\_girl

2y ago

Sexuality is obviously a very wide spectrum, but fwiw I consider myself very straight — I'm 27F and have never felt any of what you're experiencing towards women. I've only ever been perceptive of men in that way.... So I'd say you're definitely on the gayer end of the spectrum than me at least

1

Award

Share

...

ElectricEye77

2y ago

That means you're gay

20

Award

Share

...

Dunmordre

2y ago

As a guy, being nervous around women definitely stands out as a large part of being attracted to them.

Sexuality is a very complex thing, but at the end of the day, if you could choose a boyfriend or a girlfriend, and no one else need know, which would you choose? And would you also be almost as happy with the other

# TikTok

[@tiktokstarnaomi](#)

System ID: [645676](#)

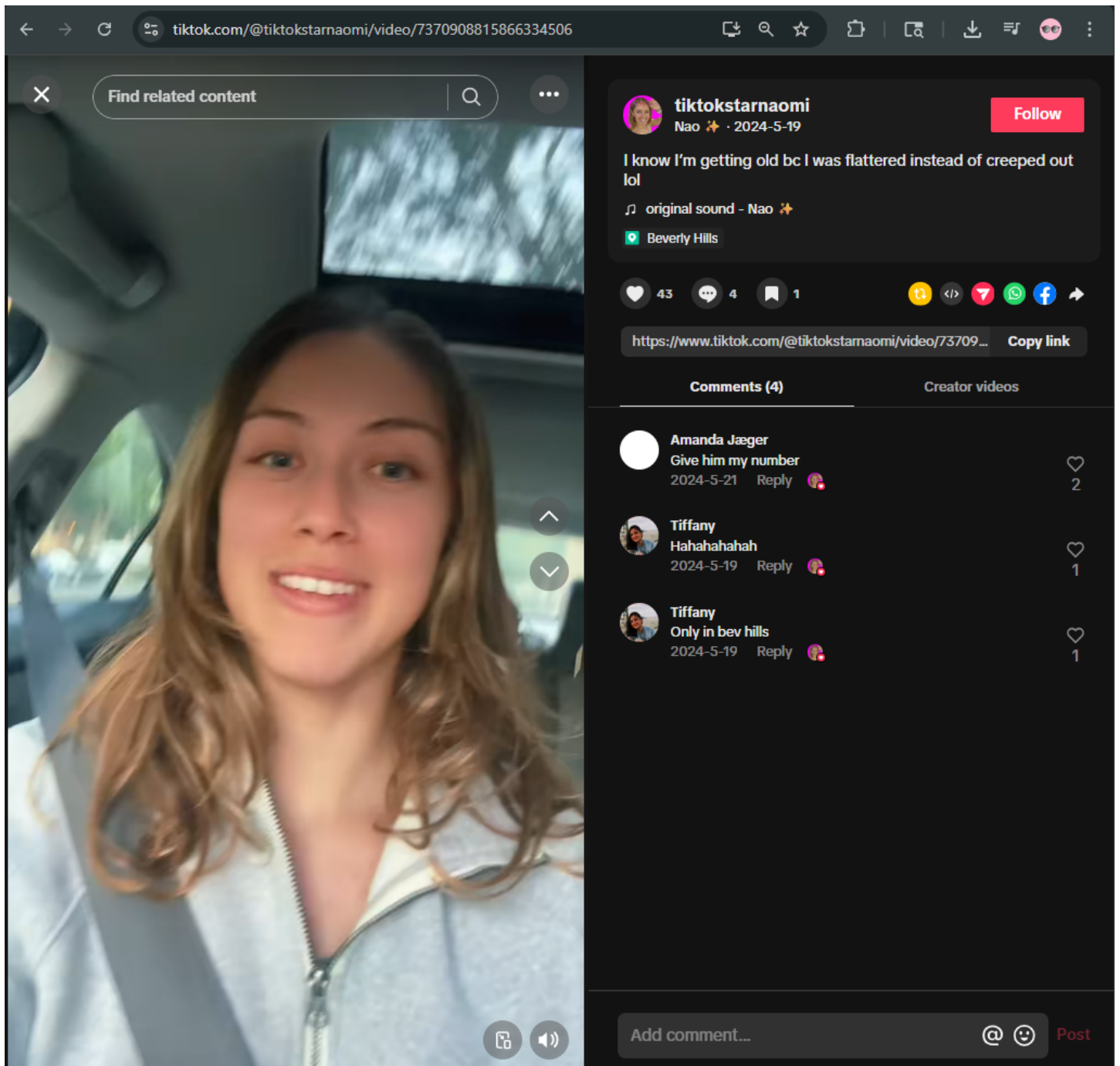
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7370908815866334506>

*After DOI*

Seen sitting in a vehicle "I know I'm getting old bc I was flattered instead of creeped out lol"



[Link to download video](#)

After DOI

Subject complimented a Reddit users outfit.

reddit

Search in r/fashion

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Positive Vibes Only



362

39

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ribbit\_reddit\_girl • 2y ago

OMG I am blown away!!! Absolutely gorgeous, I love these and you are so impressive!!

1

Reply

Award

Share



# Other

 Reddit




Posted: May 23, 2024

 System ID: [674764](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/GiftIdeas/comments/1cywq3o/how\\_to\\_best\\_collect\\_money\\_from\\_group\\_for\\_gift/](https://www.reddit.com/r/GiftIdeas/comments/1cywq3o/how_to_best_collect_money_from_group_for_gift/)

*After DOI*

Subject's post regarding pooling money with her friends to purchase a gift.

reddit

r/GiftIdeas

X

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r/GiftIdeas • 2y ago

ribbit\_reddit\_girl

## How to best collect money from group for gift?

**\$50**  
My girl friends and I are hoping to collect money over 2-3 years and eventually gift our friend a really nice gift (\$1k+) that will last forever.

Does anyone have a recommendation on the best way to collect and hold these funds over time? I assume the pot will grow in \$20-\$100 increments over the course of 2-3 years.

Thank you!!

0

5

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e.l.f. Secret Santa 🎁

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**sharperview** • 2y ago

Im sorry but this doesn't sound like a good idea. There is too much that can happen in that timeframe.

I personally would not be comfortable contributing to such a fund.

I would ask each person to save to contribute X by the end of the year.

11

Reply

Award

Share

**crankycranberries** • 2y ago

Agree- people's financial situations will change and some people will bail on the gift. Relationships may change too.

3

Reply

Award

Share

# Other

 Reddit




Posted: May 26, 2024

 System ID: [674765](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/relationships/comments/1d133oh/how\\_to\\_not\\_finally\\_snap\\_after\\_boyfriend\\_does\\_nt/](https://www.reddit.com/r/relationships/comments/1d133oh/how_to_not_finally_snap_after_boyfriend_does_nt/)

*After DOI*

Subject seeking relationship advice.

reddit

🔍

r/relationships X

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- ELI5

r/explainlikeimfive

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👤

r/relationships • 2y ago

ribbit\_reddit\_girl

...

# How to not finally snap after boyfriend doesn't get hints?

TLDR: snapped at boyfriend after year of being nice about major issues. What to do now?

Full version: Really could use some advice here. I (27F) have been with my boyfriend (28M) for nearly 2 years. We plan to move in together in a few months.

He is absolutely phenomenal, but his mom (68F) is bad with money and in serious debt (\$100k+ on credit cards). She refuses to talk about it ever and her 2 adult kids are avoidant and don't address it. She can't work and is expecting a serious inheritance windfall to fix it. Even with this unknown amount inheritance, I expect supporting her may fall on to us one day.

Additionally, my boyfriend has been unemployed for a year now. He has been applying to jobs but the market is terrible and his network isn't strong. I've tried to introduce him to everyone I know for leads, but nothing has worked and recommending him to get coaching, learn a new skill, or be more effective with networking feels like pushing rope. He's only had 2 final round interviews.

I've been really indirect and "helpful" about these things for the past year, but yesterday I snapped. In a (unintentionally but realistically) mean way, I told my boyfriend I found his lack of job and not bringing in a CPA to deal with his mom's situation completely unfair and irresponsible and that those issues give me hesitation about moving in. I kinda ripped him for it and the convo went on for hours.

Now he is being nice but I can tell is hurt.

How should and could I have handled this better? How and should I mend things? I'm not sure if I was in the wrong or if he was, or what to take as next steps to be effective but loving.

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# TikTok

[@tiktokstarnaomi](#)



Posted: May 31, 2024

System ID: [645678](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/photo/7375033891167538474>

*After DOI*

Mirror selfie "...and cuz im a singer ☐ For professional purposes this is a joke #workinglate  
#procrastination"



tiktok.com/@tiktokstarnaomi/photo/7375033891167538474

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Cuz' I always find myself trapped in the vicious cycle of procrastination, a terrible habit that means every task, no matter how critical, gets ignored for another minute, another hour, another day. I try to tell myself that I intentionally work better under pressure, but deep down I know that I just have zero self control. Hours slip through my fingers like sand, and I'm often left working late into the night, angry at myself and exhausted. Yet, despite the chaos and guilt, I always repeat the same pattern, forever haunted by the thought of all the potential I will fail to realize.

...and cuz im a singer 🎵

For professional purposes this is a joke #workinglate #procrastination

espresso iam working late use iam a singer - 🙄🙄🙄

48 1 3

<https://www.tiktok.com/@tiktokstarnaomi/photo/73750...> Copy link

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SAME. Uggg. Sorry!  
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After DOI  
Subject's seeking advice in exercising with a bad back.

reddit

reddit.com/r/Exercise/comments/1d58vbl/exercise\_always\_hurts\_at\_least\_a\_little/

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r/explainlikeimfive

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Exercise always hurts at least a little

Curious if anyone has advice. I (27F, former college athlete) am hyper elastic and have a bad back. Starting a few years ago, almost all exercise of any kind seems to hurt me, at least a little. Squats hurt my knees, pushups hurt my elbows, etc. I'm talking genuine discomfort that also feels bad the following day, not normal "get in better shape pain."

Does anyone else have this problem or know what to do / how to cope? Thank you

1

2

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alexandria252

2y ago

Since the issue is your back, which will be impacted any time you need to move your body weight around, have you tried exercising in water? I don't know if actual swimming would be viable (not sure the nature of your back problems, and I'm not a doctor in any case), but there are other options like water aerobics and water walking. It would give you resistance to work against, while taking weight off your back due to your buoyancy.

1

Reply

Award

Share

saltsukkerspinn96

2y ago

Could it be possible that you have weak muscles around the knee and elbow



# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 05, 2024

System ID: [645682](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7376871400553991466>

*After DOI*

"Had to jump on the paint each other date night trend...@Samuel Andrews #skinnysam  
#squidwardgymteachernaomi"



[Link to download video](#)

After DOI  
Subject's post regarding securing a clasp.

reddit

reddit.com/r/jewelers/comments/1d9ti63/best\_way\_to\_secure\_a\_clasp/

Search in r/jewelers

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r/explainlikeimfive

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Best way to secure a clasp?

I just bought a solid gold and diamond necklace that I hope to own forever and basically never take off, except for swimming and cleaning.

The clasp seems solid but I'm paranoid about it falling off. Is there anything I can do to double secure the clasp? I can't seem to find anything online, and I'm not sure how to phrase the search.

Thanks so much!!

6 6

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Electrical-Act-7170 • 2y ago

Take it to a local jeweler & have them put a safety catch on it. It's a tiny chain that holds the ends together if your clasp fails.

Or you could have it inspected by a jeweler every 6 months for wear.

Or both.

13 Reply Award Share

Happy\_to\_be • 2y ago

# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 07, 2024

System ID: [645688](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7377906119370476842>

*After DOI*

Seen sitting in a vehicle "And I'm not afraid to tag her @Ilana Baer get it together. #creamcheesedebate #antisemitism"





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# TikTok

@tiktokstarnaomi

System ID: 645684



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7377822856278838570>

After DOI

"There are absolutely no excuses to not put enough cream cheese on your bagel!!!!!!!!!!!! #antisemitism"

←

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tiktok.com/@tiktokstarnaomi/video/7377822856278838570

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tiktokstarnaomi

Nao 🌟 · 2024-6-7

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There are absolutely no excuses to not put enough cream cheese on your bagel!!!!!!!!!!!! #antisemitism

🎵 original sound - Nao 🌟

📍 Los Angeles California Temple · East Los Angeles

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2024-6-7

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Soph

Like if you came from Ilana's stitch 🤔

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Ilana Baer

🤔🤔🤔🤔

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Nao 🌟 · Creator

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James Smith

First you learn to say "bay-gull"

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user727833705337

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645685](#)

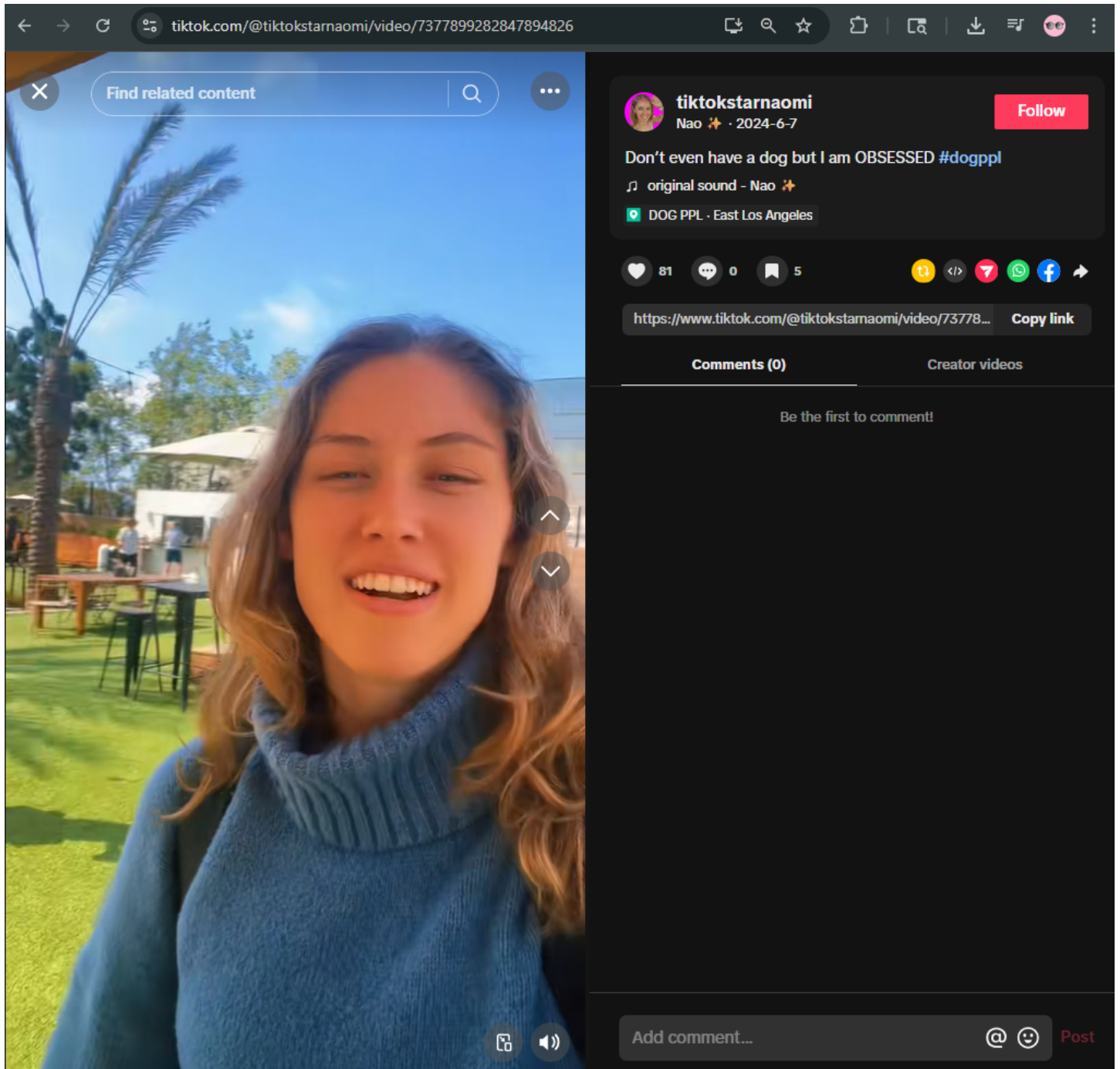
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7377899282847894826>

*After DOI*

At a social club, DOG PPL in Santa Monica, California "Don't even have a dog but I am OBSESSED #dogppl"



[Link to download video](#)

After DOI

Subject's post regarding her strange symptoms after a stim procedure in the IVF subreddit.

reddit

reddit.com/r/IVF/comments/1delk6i/comment/18dthzf/?context=3

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r/IVF • 2y ago

ribbit\_reddit\_girl

Symptoms (body odor, hair thinning) after stims

Need info!

Finished a typical procedure with stims ~1month ago and have had a series of strange symptoms, even after my period (which finished last week).

My armpit odor when I sweat is like constant and DISGUSTING. I have never smelled this badly, and it's a strangely specific smell that is different than usual.

Also, my hair is sooooo dry and feels thinner.

Has anyone else dealt with these and do you have advice? 💕

24Share

Share your thoughts

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[deleted] • 2y ago

Comment removed by moderator

4ReplyShare

ribbit\_reddit\_girl OP • 2y ago

Ugh sorry you're dealing with that. Honestly hearing other people still have symptoms >1 month out is a relief. I figured they would go away with my period but I guess we need to wait a few more weeks or months.

1ReplyAwardShare

LaLaLaurensmith • 2y ago

No Tubes|3 ER|7 FET|DIA hopeful 🙏

Did you stop prenatal vitamins? If so pick them back up. Have your pcp check your iron levels. Panoxyl face wash can kill the bacteria you have going on in your pits. After one use you should notice some relief and less deodorant needed. Just put it on in the shower and let it sit for 3 minutes.

reddit

Q r/IVF X Search in r/IVF

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[deleted] • 2y ago

Comment removed by moderator

4 Reply Share ...

ribbit\_reddit\_girl OP • 2y ago

Ugh sorry you're dealing with that. Honestly hearing other people still have symptoms >1 month out is a relief. I figured they would go away with my period but I guess we need to wait a few more weeks or months.

1 Reply Award Share ...

LaLaLaurensmith • 2y ago

No Tubes[3 ER[7 FET] DIA hopeful

Did you stop prenatal vitamins? If so pick them back up. Have your pcp check your iron levels. Panoxyl face wash can kill the bacteria you have going on in your pits. After one use you should notice some relief and less deodorant needed. Just put it on in the shower and let it sit for 3 minutes.

3 Reply Award Share ...

ribbit\_reddit\_girl OP • 2y ago

Thank you soooo much! Will do all around.

2 Reply Award Share ...

# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 12, 2024

System ID: [645695](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7379826732620205354>

*After DOI*

"If you're one of my 300+ unread messages...I'm so genuinely sorry. (Shoutout @Soren Iverson for thinking of this concept)"

tiktok.com/@tiktokstarnaomi/video/7379826732620205354

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Nao · 2024-6-12

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If you're one of my 300+ unread messages...I'm so genuinely sorry. (Shoutout @Soren Iverson for thinking of this concept)

MILLION DOLLAR BABY (VHS) - Tommy Richman

38

4

1

https://www.tiktok.com/@tiktokstarnaomi/video/73798...

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Léa

Okay you're on to something much today 🤔

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Forget new emojis, can Apple please just add a "text bankruptcy" feature that responds to all unread messages that you're overwhelmed and to just text again if it's important?

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645690](#)

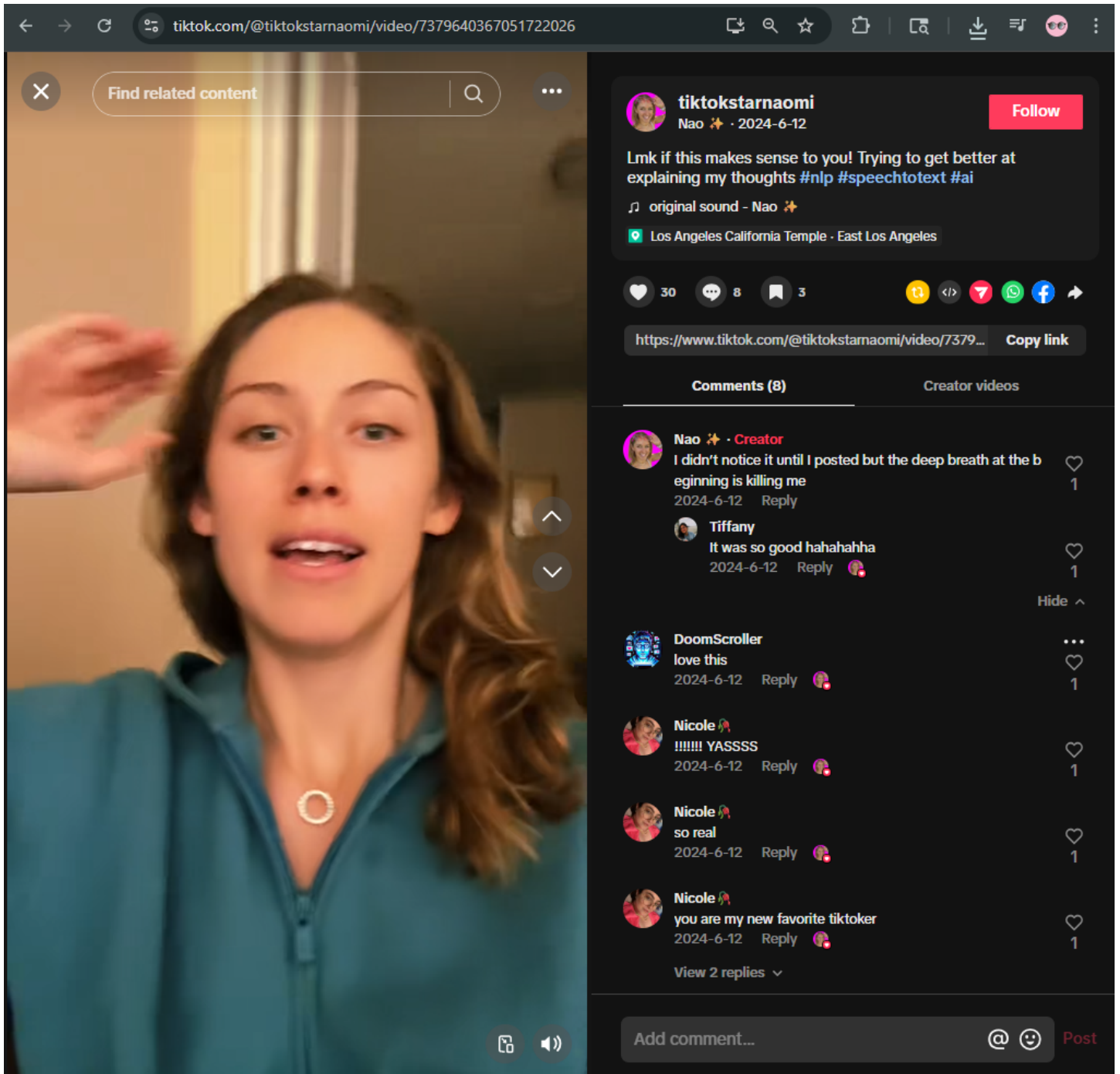
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7379640367051722026>

*After DOI*

"Lmk if this makes sense to you! Trying to get better at explaining my thoughts #nlp #speechtotext #ai"



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# TikTok

[@tiktokstarnaomi](#)

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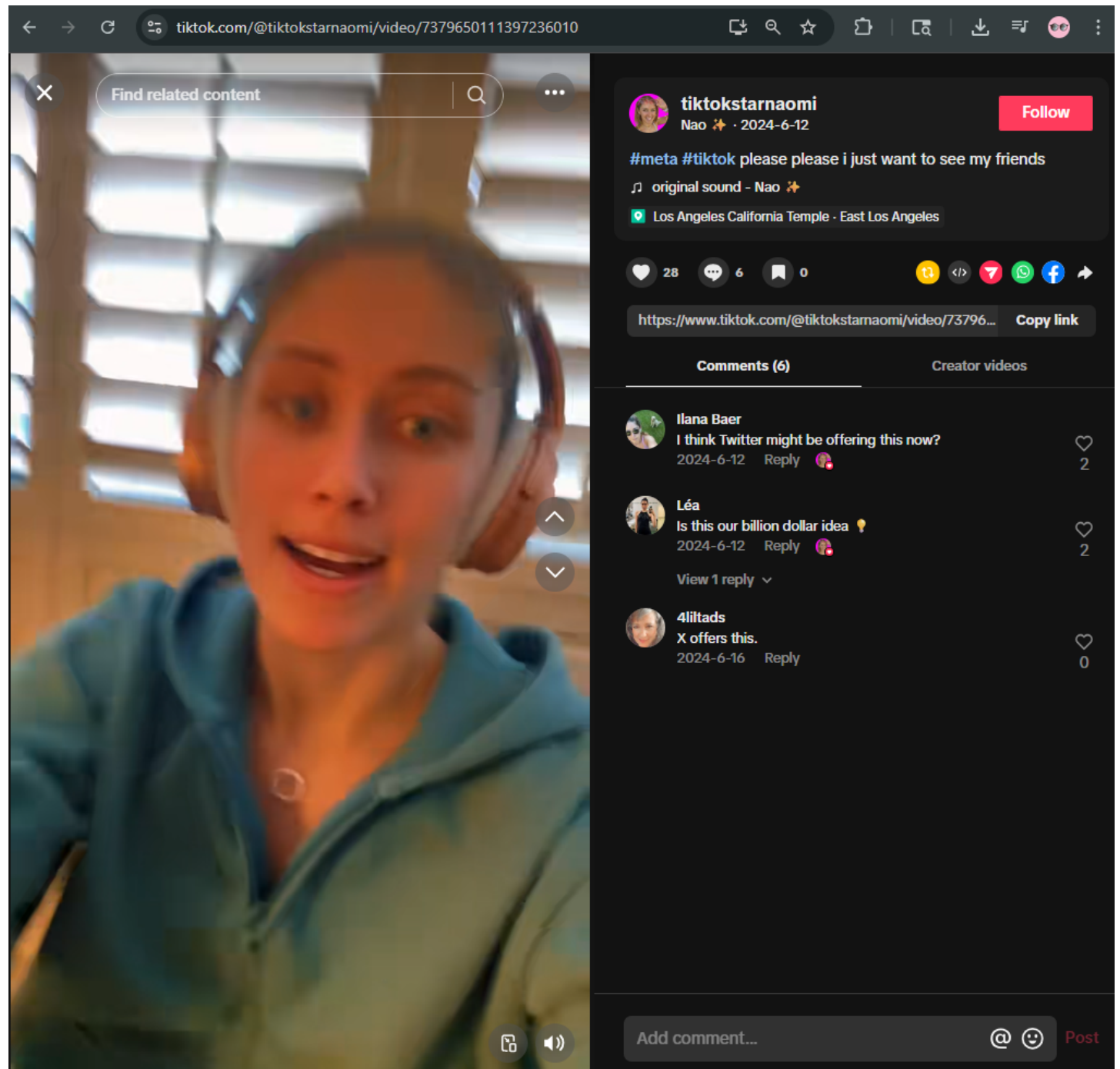
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7379650111397236010>

*After DOI*

"#meta #tiktok please please i just want to see my friends"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 19, 2024

System ID: [645696](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7382335128334486830>

*After DOI*

Showed she had a stray pill in her purse, she said that it was either an Advil or a laxative "When I'm 90 and it's still in this purse I'll be thankful for whatever it is #justgirlythings"



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# TikTok

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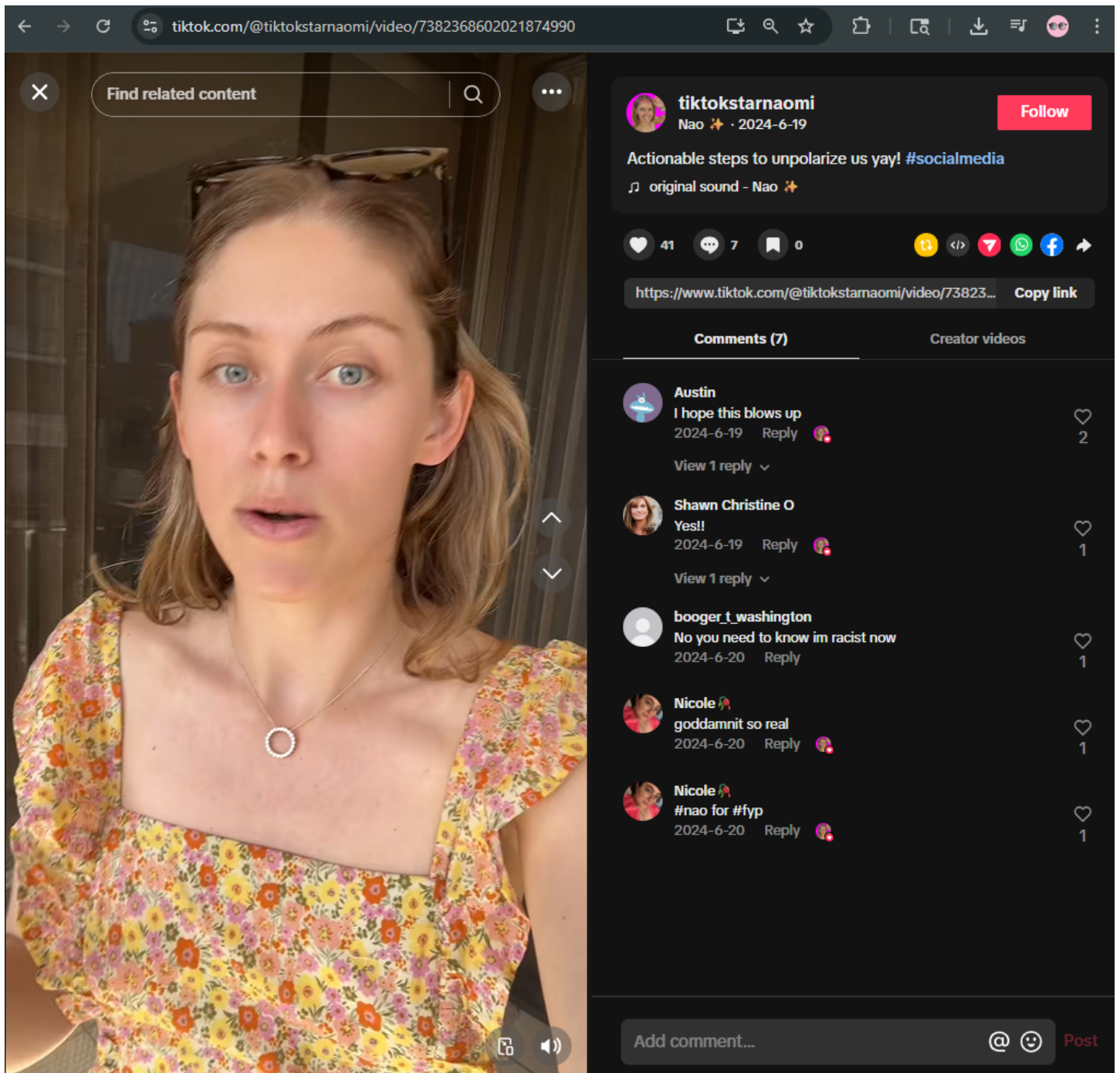
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7382368602021874990>

*After DOI*

"Actionable steps to unpolarize us yay! #socialmedia"



[Link to download video](#)



# TikTok

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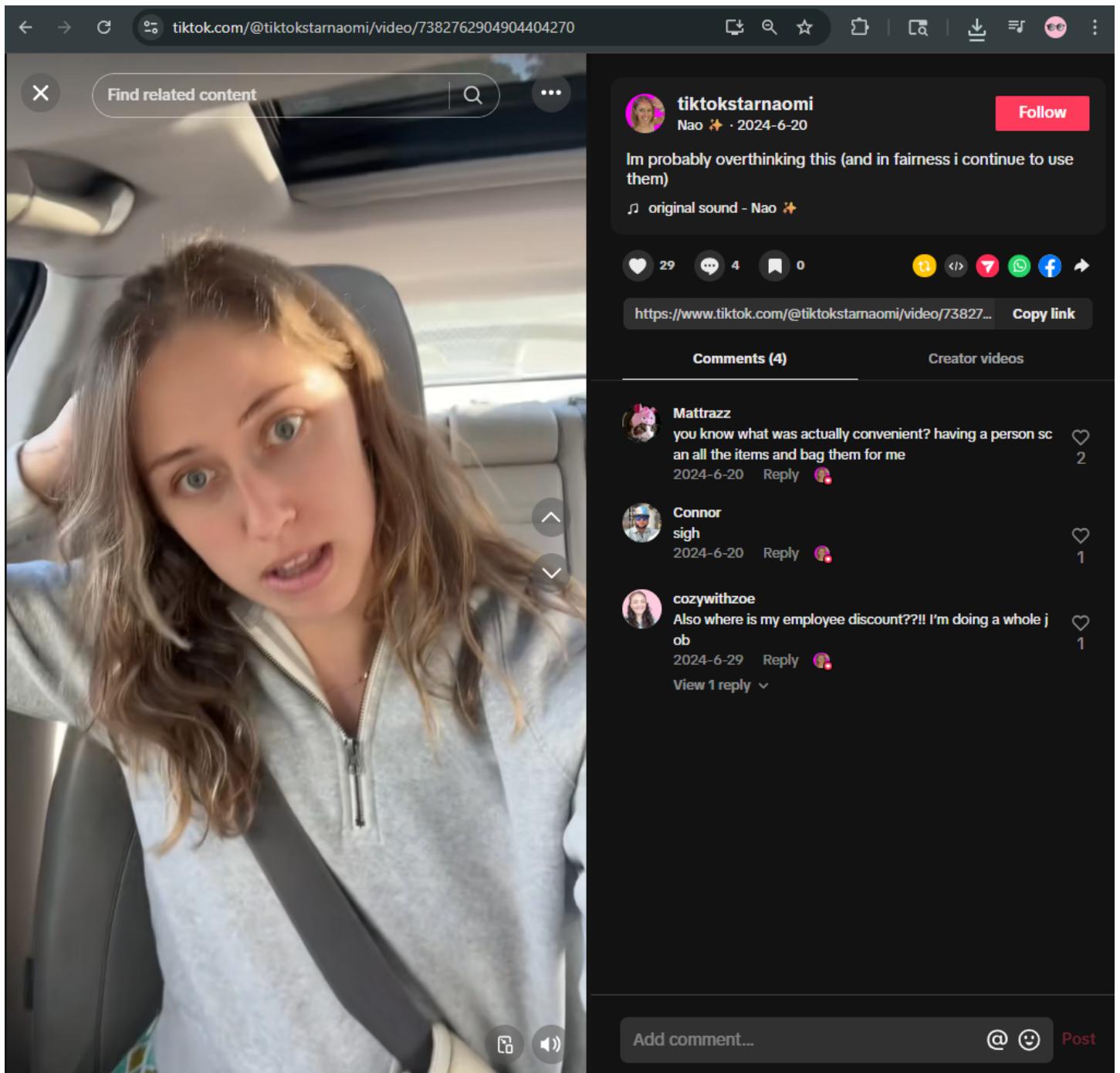
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7382762904904404270>

*After DOI*

Seen sitting in a vehicle



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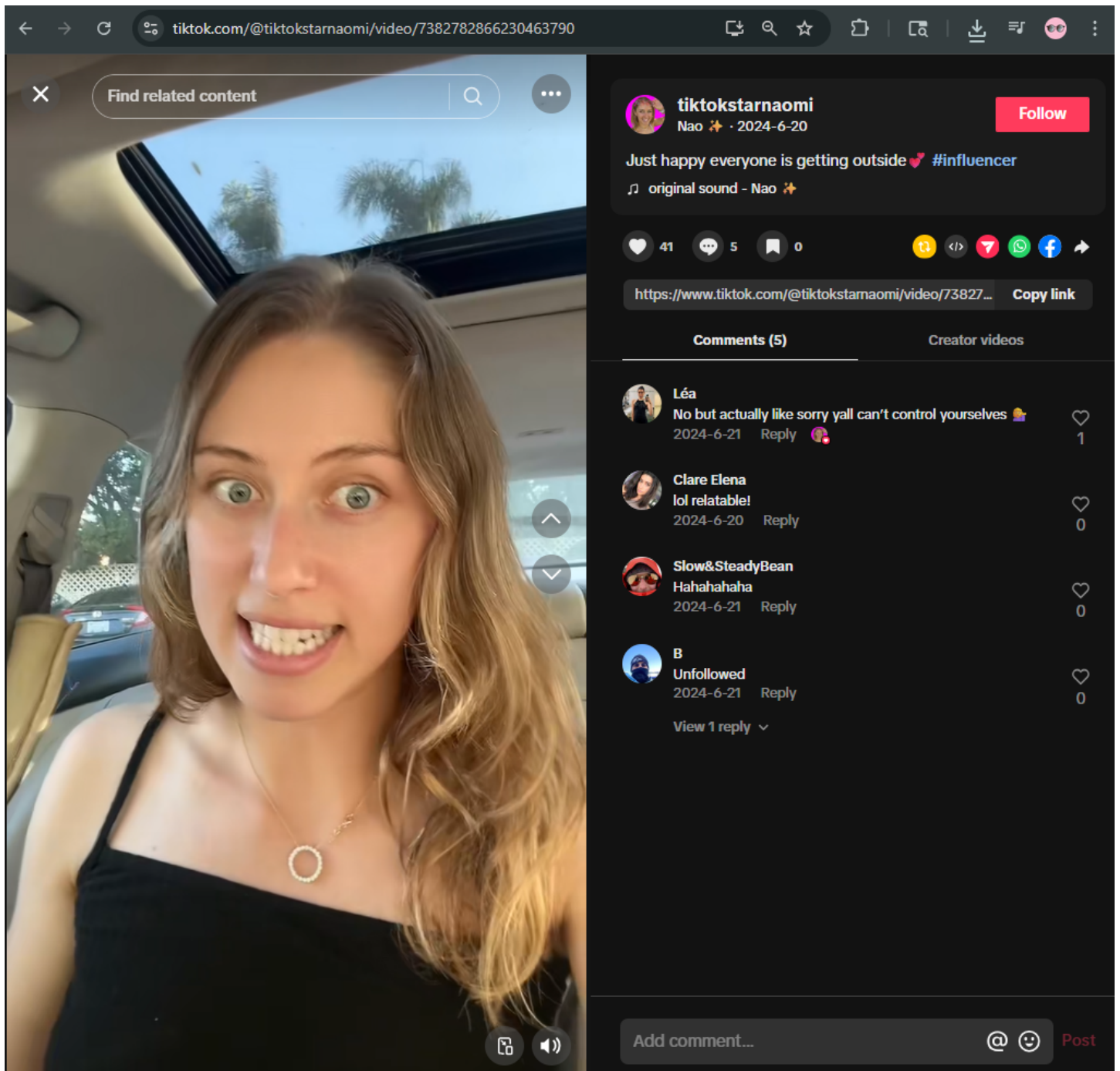
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7382782866230463790>

*After DOI*

Seen sitting in a vehicle "Just happy everyone is getting outside" #influencer



[Link to download video](#)

After DOI

Subject states in the "IVF" subreddit that she is 1 month post ER and has significant hair loss.

reddit.com/r/IVF/comments/sxpv66/comment/l9ft1pk/?context=3

reddit

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r/IVF • 4y ago  
suran88

How to prevent thinning hair ?

IVF and seems frozen transfer is causing my hair to thin a lot. How do you deal with it ? Thank you ❤️

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ribbit\_reddit\_girl • 1y ago

Also curious! I'm ~1 month post ER and have significant hair loss. I didn't expect it and it makes me want to cry. I notice it every time I look in the mirror. Will take absolutely any advice

1 Reply Award Share

SgtMajor-Issues • 4y ago

36, TTC#2, 2 ER, FET #1 success, FET #2 MMC

Hormone changes can cause temporary hair thinning, but obviously with IVF you're having massive hormone changes constantly. A lot if women have this happen ~3 months after giving birth as well. It's called telogen effluvium, and basically it's a sudden hormone change causing your hair's growth cycle to enter the dormant stage. 3 months later, the hair sheds and the follicle starts a new growth.

8 Reply Award Share



# TikTok

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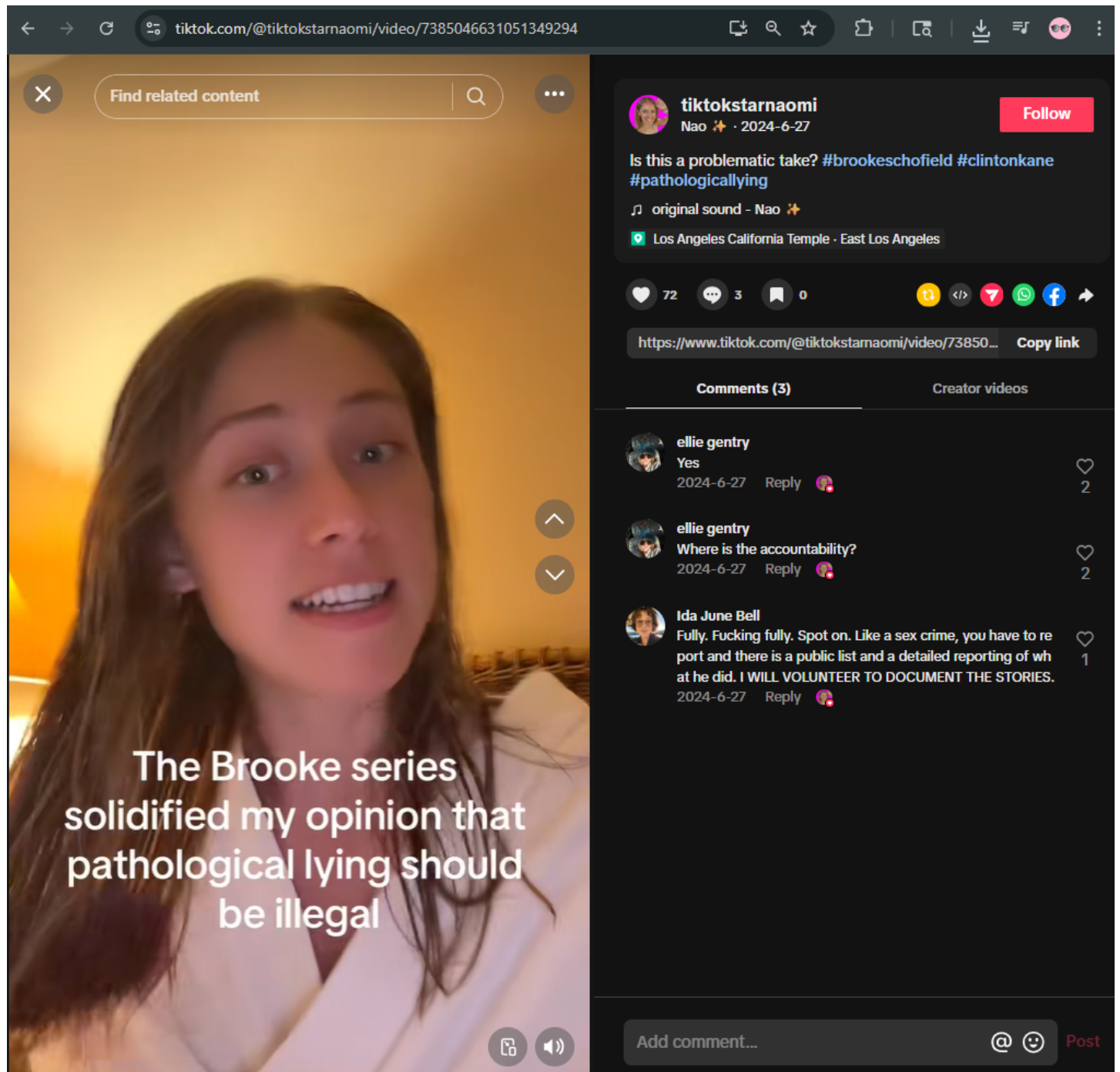
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7385046631051349294>

*After DOI*

"Is this a problematic take? #brookeschofield #clintonkane #pathologicallying"



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# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 27, 2024

System ID: [645704](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7385245568974572842>

*After DOI*

Seen walking and mentioned that she would be starting at Stanford Graduate School of Business in a couple of months "And there's only 400 of us per graduating class!! #stanfordgsb"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645706](#)

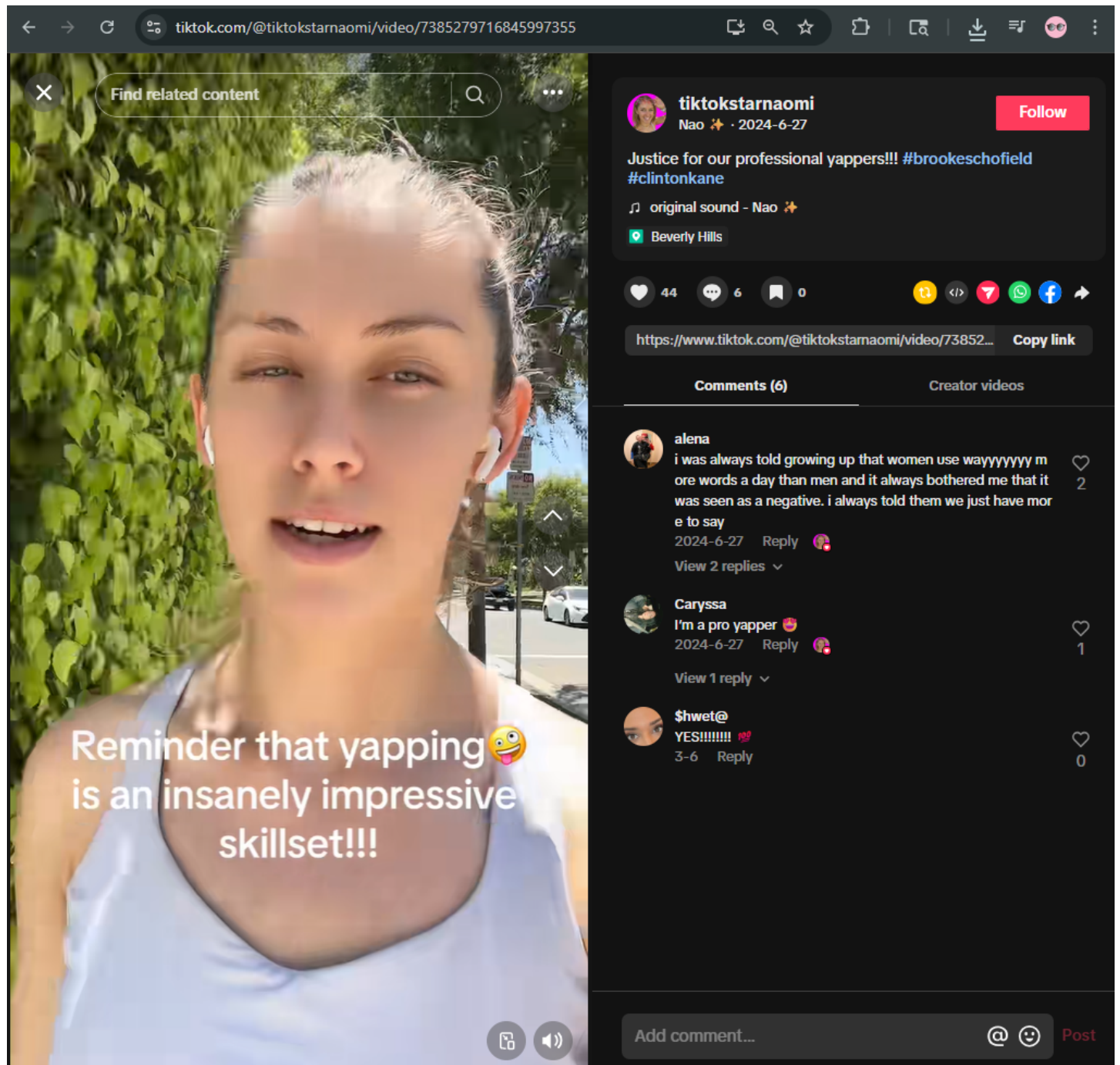
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7385279716845997355>

*After DOI*

Seen walking "Justice for our professional yappers!!! #brookeschofield #clintonkane"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jun 28, 2024

System ID: [645709](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7385732906867494187>

*After DOI*

Seen walking in San Francisco, California "Once again loving this city #sanfrancisco  
#completelyunnecessaryvlog"





[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645712](#)

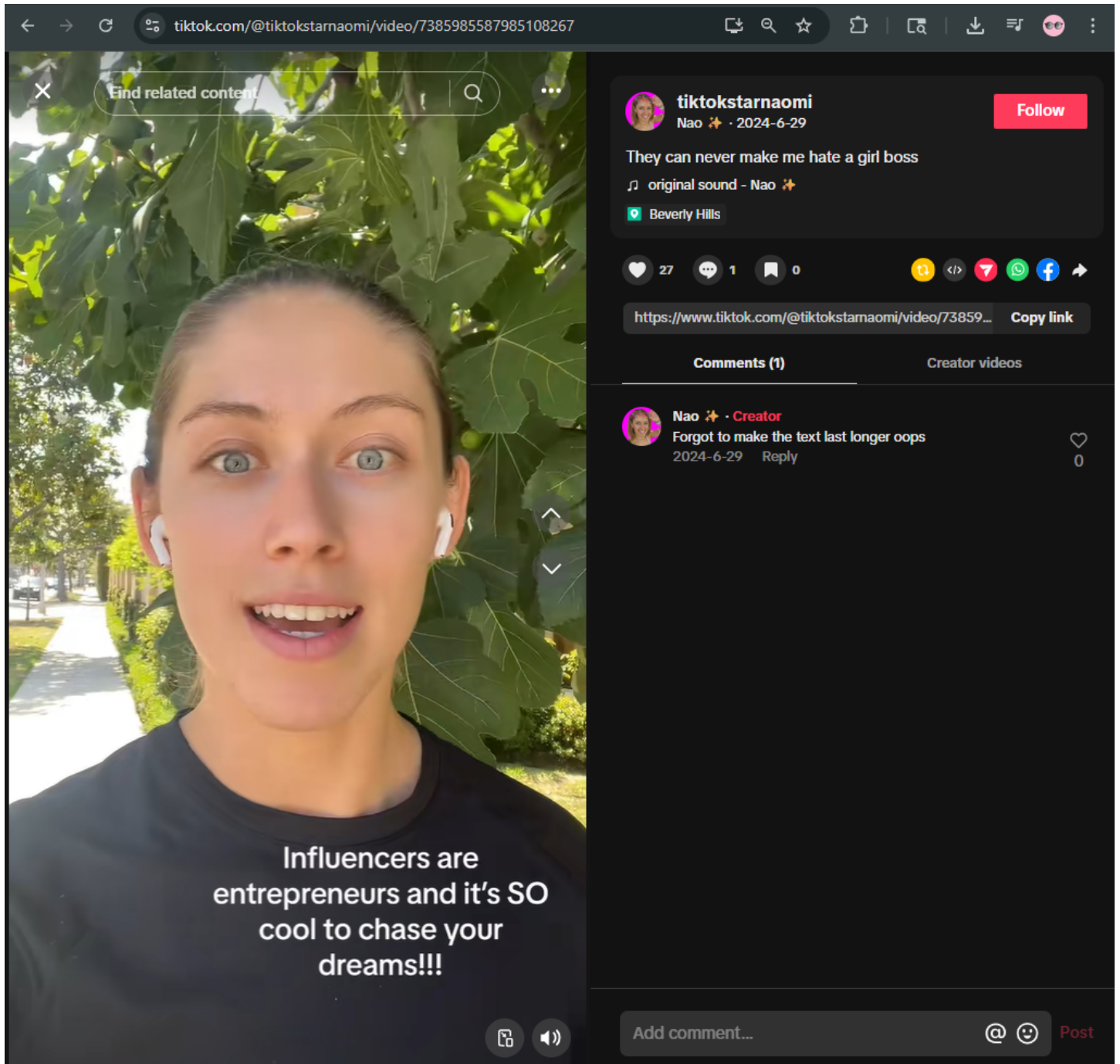
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7385985587985108267>

*After DOI*

"They can never make me hate a girl boss"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645715](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7385988983089745198>

*After DOI*

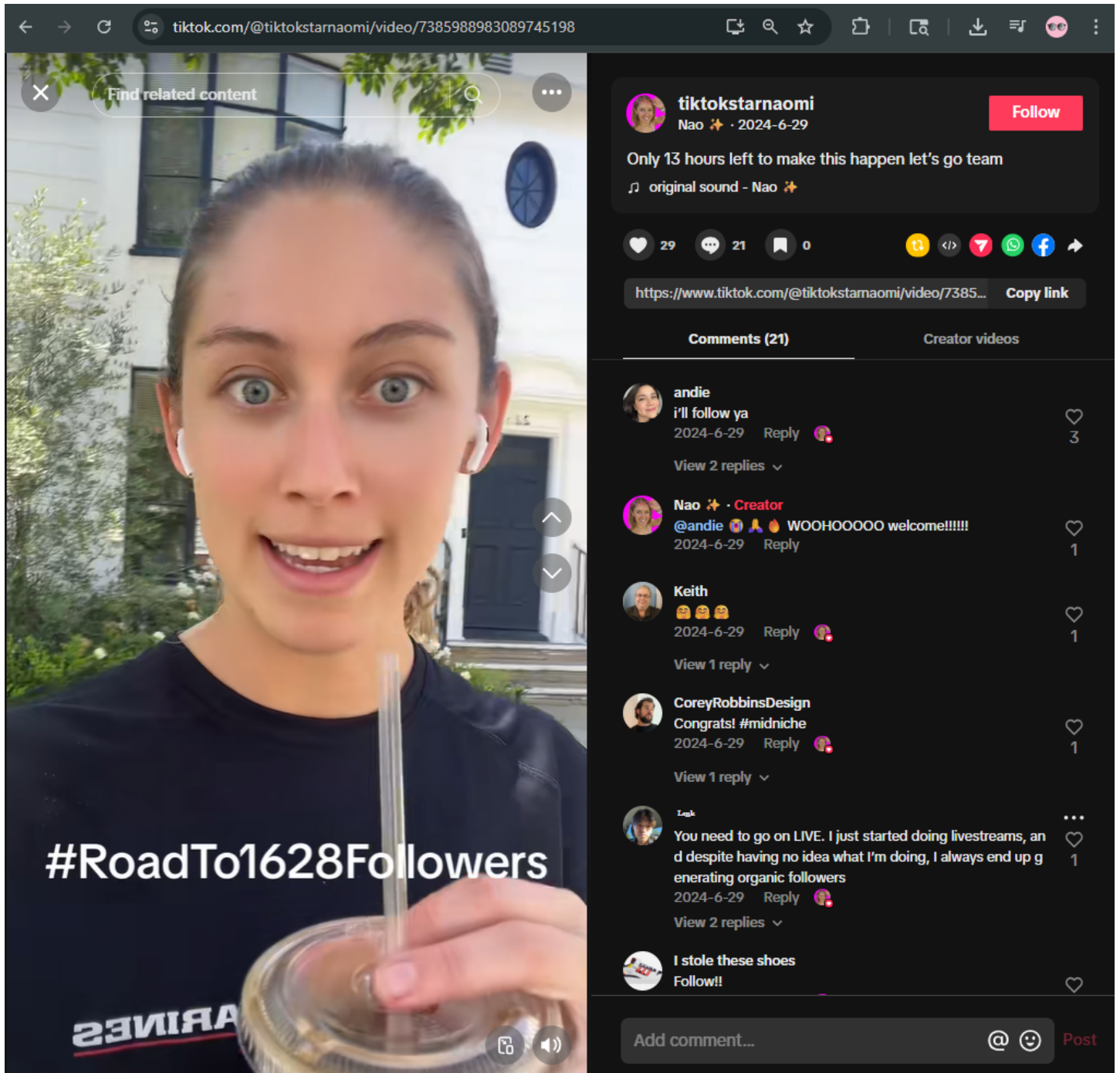
"Only 13 hours left to make this happen let's go team"



Posted: Jun 29, 2024



Captured: Sep 23, 2025



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 04, 2024

System ID: [645718](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7387837219194588459>

*After DOI*

Post about an Uber ride home from the LAX airport cost more than her RyanAir flight across Europe "Can #ryanair drop me home from LAX"

tiktok.com/@tiktokstarnaomi/video/7387837219194588459

Find related content

Can #ryanair drop me home from LAX

PRETTY PLEASE - Dutch Melrose & benny mayne

28

2

0

https://www.tiktok.com/@tiktokstarnaomi/video/73878...

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Comments (2)

Creator videos

Kdubz

Inflation is only in the US 🤔🤔

2024-7-4 Reply

0

Tiffany

Yup

2024-7-4 Reply

0

Add comment...

@

😊

Post

Nothing shatters my soul  
like knowing my 20-  
minute Uber ride from the  
airport costs more than a  
RyanAir flight across  
Europe

[Link to download video](#)





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OMG BITCH WTF TELL ME IMMEDIATELY!?!

tiktokstarnaomi

Nao · 2024-7-5

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original sound - ringo

30 2 0

<https://www.tiktok.com/@tiktokstarnaomi/photo/73881...> Copy link

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Rebel Gonzalez

Lmfao

2024-7-5 Reply

0

Slow&SteadyBean

Real

2024-7-5 Reply

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Add comment...

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Post

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# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 06, 2024

System ID: [645722](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7388647089359670570>

*After DOI*

Mentioned stressful events in the months prior and that she was experiencing hair loss, shared her treatment "Hopefully this helps someone. Will follow up in 1-2 months with a progress update!

#femalehairloss #nutrafol #harklinikken #minoxidil"

Find related content

Sorry for the audio quality

19

4

3

original sound - Nao

Beverly Hills

https://www.tiktok.com/@tiktokstarnaomi/video/7388647089359670570

Copy link

Comments (4)

Creator videos

disasterqueen

Let me know if it works!! I visited their clinic once in Beverly Hills. My hair loss was insane senior year in Claremont and I've never recovered :/

2024-7-9

Reply

Nao

Creator

I feel you, it was so stressful to experience! I'll lyk how it goes in like 1-3 months. Honestly I'm really optimistic and also it's shockingly easy to use so far

2024-7-9

Reply

Tom Chaland

I bought a topical cream and every day rubbed it in my hair, after a month my hands became very hairy and I would have to have a dog groomer bath & trim them. Never went bald tho....

2024-8-2

Reply

In the Kitchen with Steph

6-12

Reply

Add comment...

@

Post

tiktokstarnaomi

Nao

2024-7-6

Follow

Hopefully this helps someone. Will follow up in 1-2 months with a progress update! #femalehairloss #nutrafol #harklinikken #minoxidil

less

original sound - Nao

Beverly Hills

19

4

3

https://www.tiktok.com/@tiktokstarnaomi/video/7388647089359670570

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Comments (4)

Creator videos

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Reply

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2024-8-2

Reply

In the Kitchen with Steph

6-12

Reply

Add comment...

@

Post

[Link to download video](#)




# Other

 Reddit



Posted: Jul 07, 2024

 System ID: [674770](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/Biohackers/comments/1dxjtj2/looking\\_for\\_guidance\\_on\\_dexa\\_body\\_scan\\_results/](https://www.reddit.com/r/Biohackers/comments/1dxjtj2/looking_for_guidance_on_dexa_body_scan_results/)

*After DOI*

Subject shared her DEXA body scan results.

reddit

Q

r/Biohackers X

Search in r/Biohackers

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r/Spondylolisthesis

r/explainlikeimfive
- COMMUNITIES

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⋮

←

r/Biohackers • 1y ago

ribbit\_reddit\_girl

...

Looking for guidance on DEXA body scan results

Discussion

11:17

This report was generated on Thursday, July 04, 2024 and compares data from 1 of your scans against women, ages 25 to 30. You can customize your selected scans and reference population when generating your report.

Measure time	Fat %	Total mass
Feb 21, 2024 at 1:03pm	21.1%	149.2 lbs

Body fat %

21.1%

02/21/24

You're in the lowest 8% of people for body fat %

Visceral fat

0.66 lbs

02/21/24

29% of people have higher visceral fat than you

Lean mass

17.2  $\frac{kg}{m^2}$

02/21/24

You have higher avg lean mass than 80% of people

Bone density

1.08  $\frac{g}{cm^2}$

02/21/24

You're in the bottom 7% of people for bone density

ALMI

8.23  $\frac{g}{cm^2}$

02/21/24

bodyspec.com

Hi everyone! I (27F, former college athlete) completed a DEXA body scan a few months ago. I am surprised by my results across the categories, especially the low bone mass.

Does anyone have insights or recommendations of what I should do (in terms of diagnostics, supplements, exercise, etc), based on these results?

reddit

Q r/Biohackers X Search in r/Biohackers

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- r/Spondylolisthesis
- ELI5 r/explainlikeimfive

Sort by: Best Search Comments



geekphreak • 1y ago

6

I dont know much about dexa scans but resistance training will strengthen your bones

6 Reply Award Share ...



B0urn3D3ad • 1y ago

2

What is your height

1 Reply Award Share ...



ribbit\_reddit\_girl OP • 1y ago

5'8" — 149.2lbs

2 Reply Award Share ...



ribbit\_reddit\_girl OP • 1y ago

With effort I could probably lose 3-5 pounds to drop to 19% BF, but it would likely require a difficult lifestyle change

2 Reply Award Share ...



B0urn3D3ad • 1y ago

2

No I'd say easily stay where you are, you even have room to gain if you really wanted to. For a lifestyle healthy make 12-18% even up to 20% is great, for women you normally add 7-8% for that, so anywhere from 19-27%

3 Reply Award Share ...



CtrlShift\_X • 1y ago

How to reduce visceral fat?

1 Reply Award Share ...

# Other

	Reddit		Posted: Jul 07, 2024
	System ID: <a href="#">674779</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/osteoporosis/comments/1dw4nmc/comment/lc2rtix/?context=3">https://www.reddit.com/r/osteoporosis/comments/1dw4nmc/comment/lc2rtix/?context=3</a>		

*After DOI*

Subject commented on a post stating that she has spondy, a few herniated discs, and recently got diagnosed with osteo. She also suspects she has Rheumatoid Arthritis.

reddit

r/osteoporosis

×

Search in r/osteoporosis

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- r/Spondylolisthesis
- ELI5

r/explainlikeimfive

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r/osteoporosis

• 1y ago

Sajanova

...

What age we can reverse it?

I am 38 f , I have several autoimmune diseases and osteoporosis, is it reversible under 40? Is it a death sentence? I am confused

8

43

Share

Share your thoughts

Sort by: Best

Search Comments

cropcomb2

• 1y ago

consider HRT when you're post-menopausal (may prove safer than bone meds imo)

diet's a major consideration: eating five or more servings a day of veggies and fruits often works well, 600 or more i.u. of vit. D/day

activity's pretty helpful, lots of brisk walking's a plus

meanwhile: focus on fracture prevention. eg. for vertebrae,  
[https://new.reddit.com/r/osteoporosis/comments/1cvz2e5/stronger\\_back\\_muscles\\_reduce\\_the\\_incidence\\_of/](https://new.reddit.com/r/osteoporosis/comments/1cvz2e5/stronger_back_muscles_reduce_the_incidence_of/)

get strong leg muscles, safely practice balance routines, reduce home fall hazards (eg. stuff you'd trip over, poor lighting), consider investing in a safety belt (fall sensor + CO2 cartridge to explosively inflate protective airbags when a fall's starting to protect your hips)

which auto-immune diseases?

6

Reply

Award

Share

...

Sajanova

OP • 1y ago

I have Rheumatoid Arthritis in all major joints, 2 herianted discs, spondylolisthesis, thyroditis, sjorgern's syndrome.

3

Reply

Award

Share

...

ribbit\_reddit\_girl

• 1y ago

I also have spondy, a few herniated discs, and recently got diagnosed with osteo. Do you know

reddit

Search in r/osteoporosis

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- r/Spondylolisthesis
- r/explainlikeimfive

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3 1 Reply Award Share ...



ribbit\_reddit\_girl • 1y ago

I also have spondy, a few herniated discs, and recently got diagnosed with osteo. Do you know which condition is causing the others? Or is it just random and bad luck? I suspect I have RA too because I can't open jars anymore or hold high planks without wrist pain, but I'm young (27F).



Sajanova OP • 1y ago

My immune system attacked my body bcoz of thyroiditis, and gave me Rheumatoid Arthritis in a matter of days in all major joints and thumbs and some fingers, and gave me fibromyalgia as well, I have s i joint as well. And torn my medial mensci as well. I can't have a fusion while have a weak body, I am 38f



cropcomb2 • 1y ago

a dietician may have some helpful suggestions. I'm very widely read and my sense of it is that you'd want to avoid sugars and sweetened foods/juices so far as practical (sugar's very inflammatory and might substantially aggravate your symptoms).

I imagine your doctors focus on 'treating the symptoms'.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9477098/>

Further to vertebrae protection: bending forward / sideways is fairly high risk of vertebrae fractures especially with any load involved ('bend with the knees, not the back' is something to try to diligently practice, and reason to strengthen one's legs and get one's knees used to bending sufficiently).

for 'dry eyes' (from sjorgern's), practicing 20/20/20 during any screen time may be helpful, along with always blinking fully and frequently (>20/min)--this helps avoid the eyelids' edge glands from going dormant/withering (they control tear quality and resulting dry eye syndrome)



Sajanova OP • 1y ago

Thanks for the tips! Helps a ton!



cat8mouse • 1y ago

What is 20/20/20?

# Other

	Reddit		Posted: Jul 07, 2024
	System ID: <a href="#">674780</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/osteoporosis/comments/1dwhl42/comment/lc2rceu?context=3">https://www.reddit.com/r/osteoporosis/comments/1dwhl42/comment/lc2rceu?context=3</a>		

*After DOI*

Subject states that she has a spine fracture and that a DEXA scan showed that she is in the lowest 7% of her age group for bone density.



reddit

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r/osteoporosis

×

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🔥 Popular

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←

r/osteoporosis • 1y ago

sergioav95

...

# Hopeless 28 year old

Hello people! I (male 28 years old) was diagnosed with severely low bone density a couple of years ago after a fracture in my spine. It's a lot worse in my spine than the rest of my body.

To be honest I feel kind of hopeless since many doctors have said they don't understand where it comes from or how to treat it apart from exercise and vitamin D supplements.

Anyone have any advice for me?

↑ 4 ↓

💬 33

👤

🔗 Share

Share your thoughts

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🔍 Search Comments

ribbit\_reddit\_girl • 1y ago

27F and have a fracture in my spine as well. I had a DEXA scan show I'm in the lowest 7% of my age group for bone density. Totally confused and sad. It does explain a lot of issues I've had though. Also feeling overwhelmed with what to do next.

↑ 1 ↓

💬 Reply

👤 Award

🔗 Share

...

Ok\_Second8665 • 1y ago

Have you been to an endocrinologist? You need special attention because this is highly unusual you need a smart doctor with curiosity. I recommend the book Great Bones so you can learn about the miraculous way our bones are made and all the places along the complex process where something can go wrong. There are medical tests to support researching your body. You need to advocate for yourself to get the medical care you need because there is SO MUCH MORE than vit D.

⊖

↑ 10 ↓

💬 Reply

👤 Award

🔗 Share

...

sergioav95 OP • 1y ago

Thank you I'll buy it right now! Yea I'm just trying to understand better cause I'm not willing to just give up like doctors have said. The response I usually get is something like we won't know for sure why your bones didn't develop well but you just make sure you exercise and take vitamin d

in [nbaer](#)



Posted: Jul 08, 2024

in System ID: [646131](#)



Captured: Sep 24, 2025

 [Naomi Ellen Baer](#)

 <https://www.linkedin.com/in/nbaer/recent-activity/all/>

*After DOI*

Most recent post: shared she would be traveling before starting her MBA at Stanford GSB "I am thrilled to share that I am traveling for a few months before starting my MBA at Stanford University Graduate School of Business this fall!♥️ I'm grateful for the amazing people and experiences that have shaped my career at Syllable AI and Boston Consulting Group (BCG) thus far, and I look forward to new challenges and growth ahead!"

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[Comments](#)
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# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 09, 2024

System ID: [645725](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7389686312330186030>

*After DOI*

Videoed walking in a post about the daily effects of walking to get coffee "Is it still girl math if it's true though? #icedcoffee #girlmath"


← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7389686312330186030 📷 🔍 ☆ 📌 📄 📌 📌 📌 📌 📌 📌

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Girl math is convincing myself daily that the health benefits from walking to buy iced coffee far outweigh the savings from making it at home

📷 🔍 📌 📄 📌 📌 📌 📌 📌

 **tiktokstarnaomi**  
Nao 🌟 · 2024-7-9 [Follow](#)

Is it still girl math if it's true though? #icedcoffee #girlmath


🎵 BIG UP - INJI

📍 Beverly Hills

👍 38 💬 2 📌 0 🔄 </> 📷 📄 📌 📌 📌

<https://www.tiktok.com/@tiktokstarnaomi/video/73896...> [Copy link](#)

**Comments (2)** [Creator videos](#)

 **Erin Goode**  
Current unemployed person here to confirm this is true  
2024-7-9 Reply 📷

View 1 reply ▾

👍 1

@ 😊 [Post](#)

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645728](#)

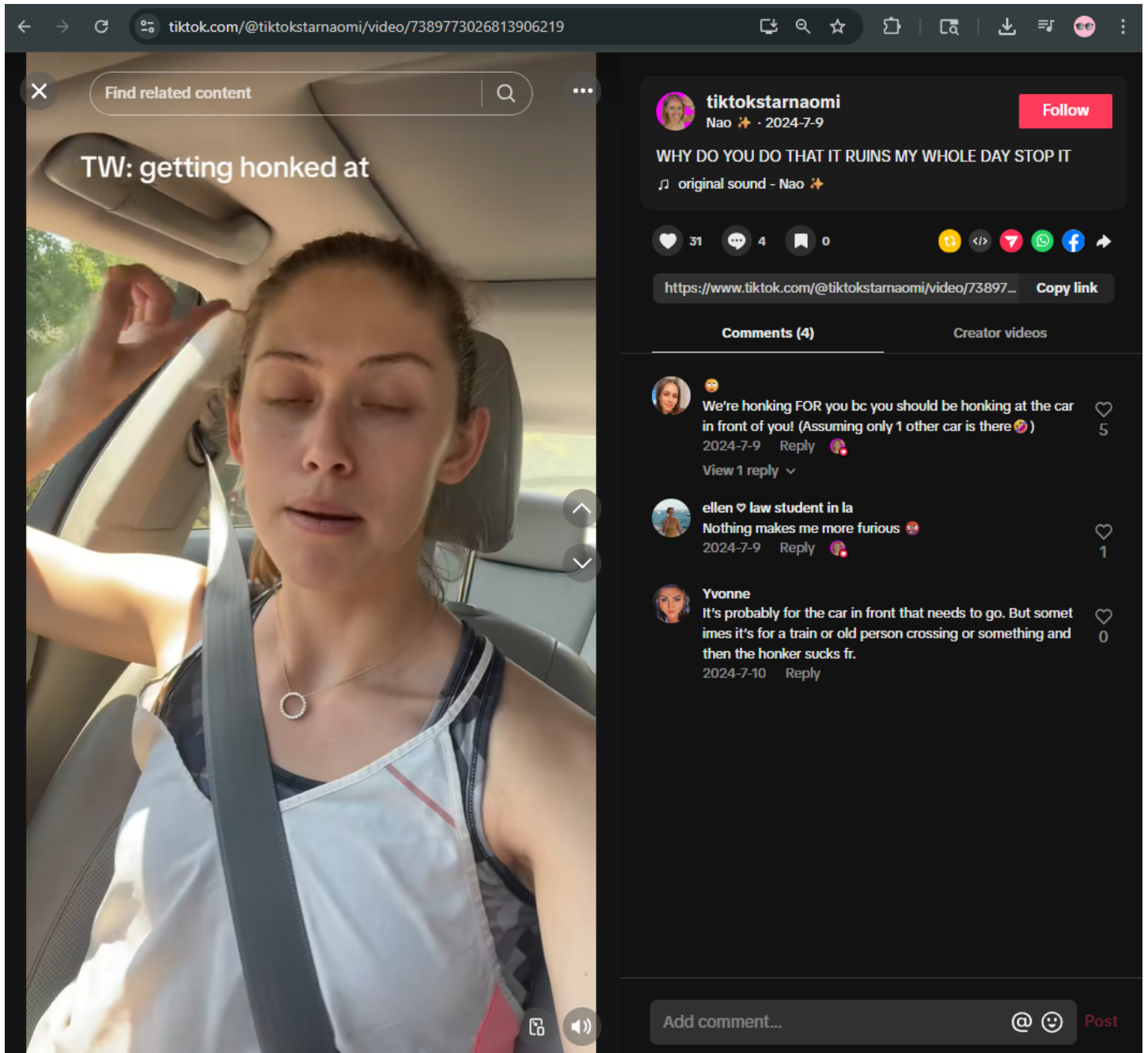
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7389773026813906219>

*After DOI*

Seen sitting in a vehicle "WHY DO YOU DO THAT IT RUINS MY WHOLE DAY STOP IT"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645733](#)

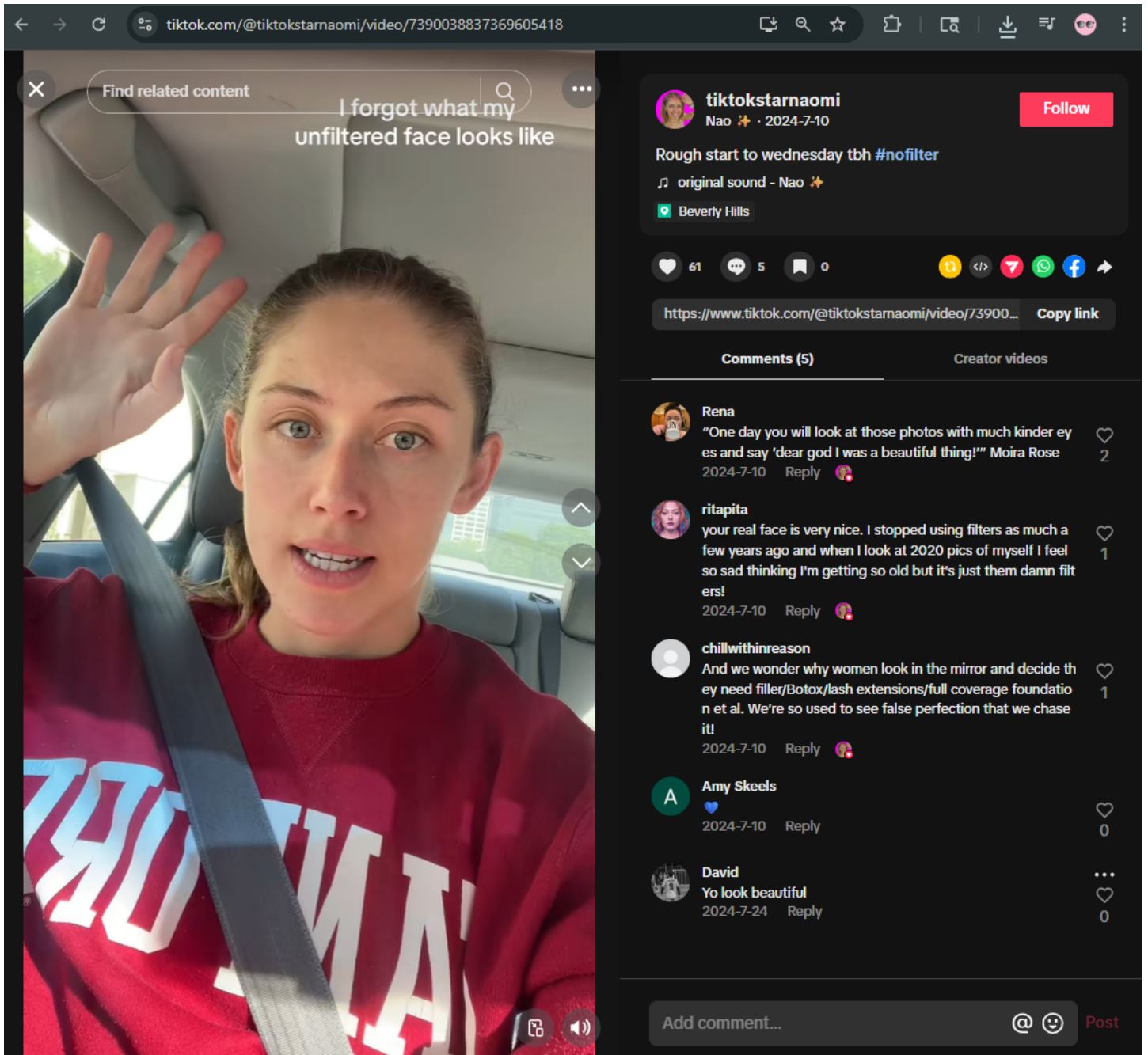
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7390038837369605418>

*After DOI*

Seen sitting in a vehicle "Rough start to wednesday tbh #nofilter"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 10, 2024

System ID: [645736](#)



Captured: Sep 23, 2025



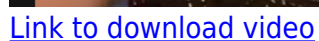
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7390178012530052398>

*After DOI*

Videoed walking around and talked about how she would be going on a 4-week trip to Europe "Buckle up team selfie light is GOING TO EUROPE" "Nooooo sad!! Will be in London, Italy, Croatia, and Spain!! Are you only in France?"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645738](#)

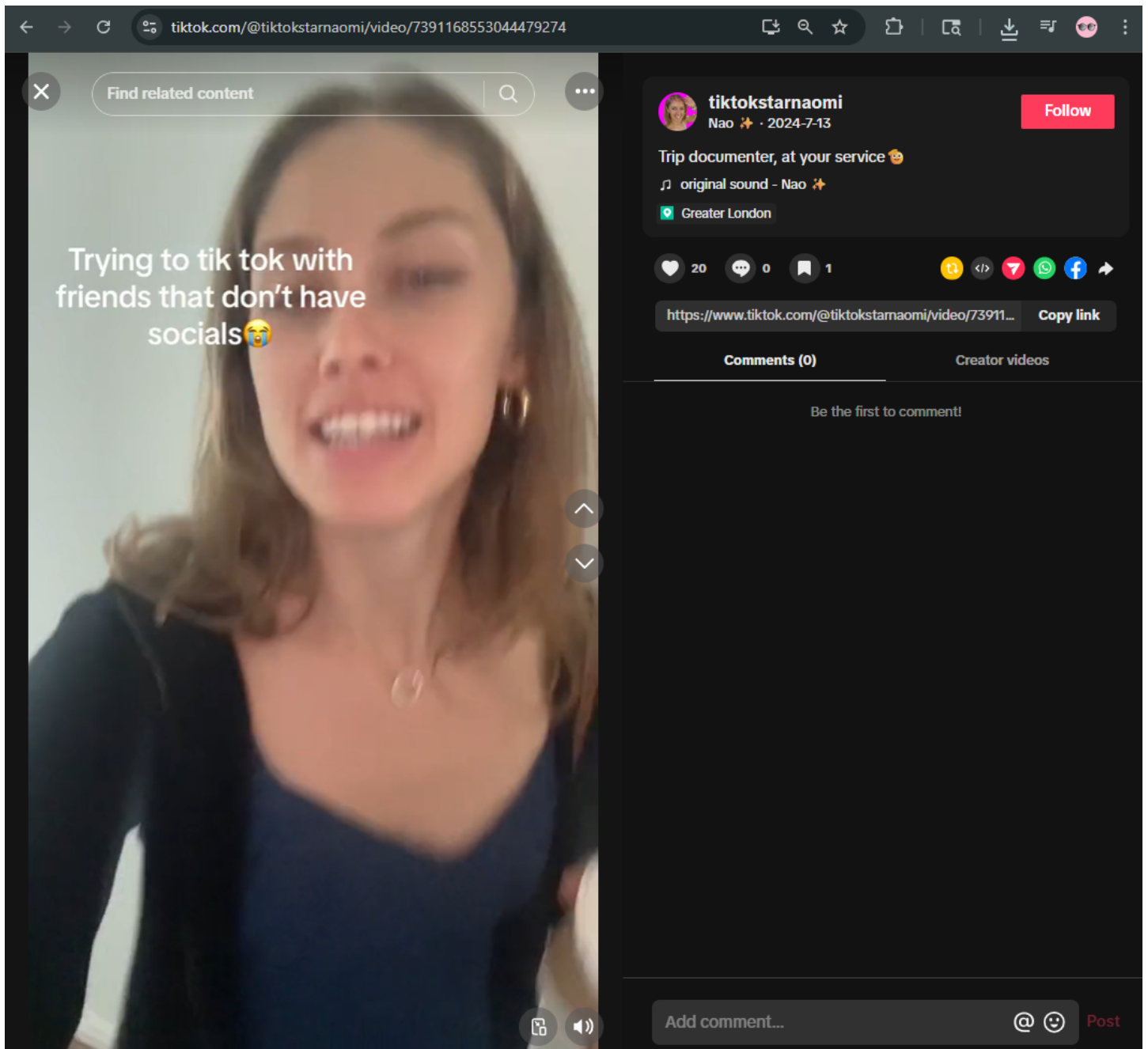
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7391168553044479274>

*After DOI*

Posted that she had made it to London "Trip documenter, at your service☺"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645739](#)

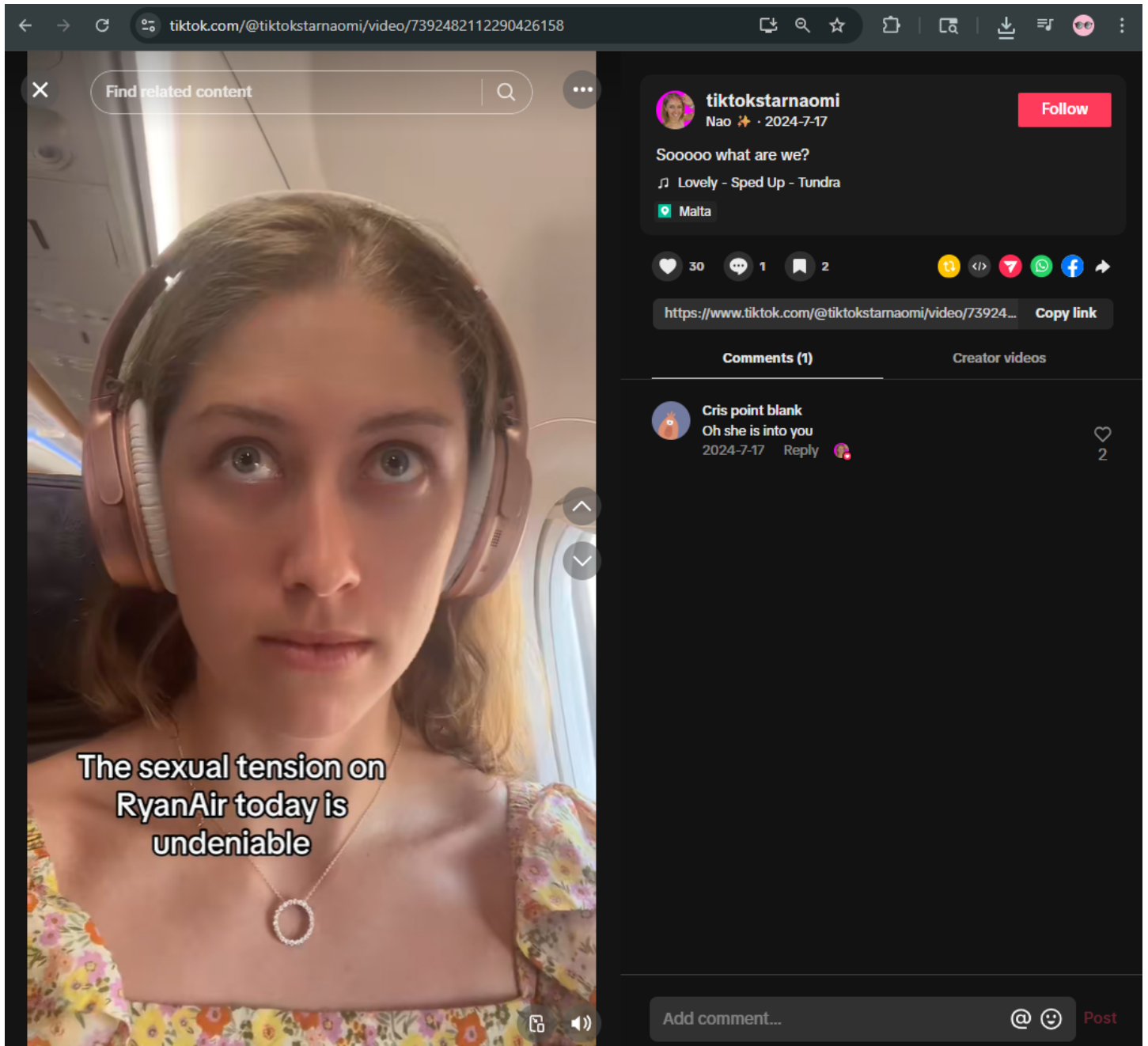
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7392482112290426158>

*After DOI*

Seen sitting on an airplane "Sooooo what are we?"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645741](#)

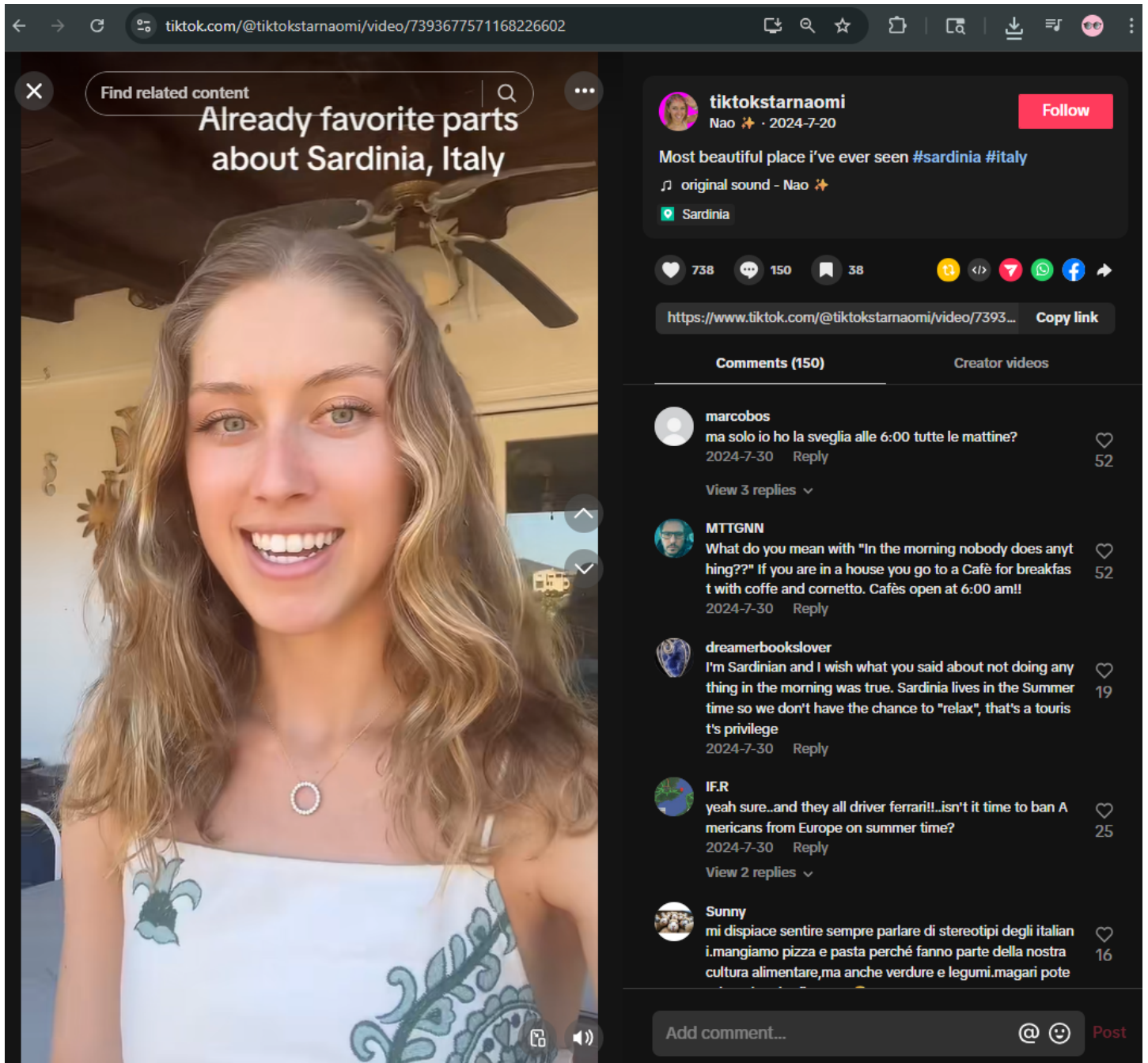
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7393677571168226602>

*After DOI*

In Sardinia, Italy "Most beautiful place i've ever seen #sardinia #italy"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645742](#)

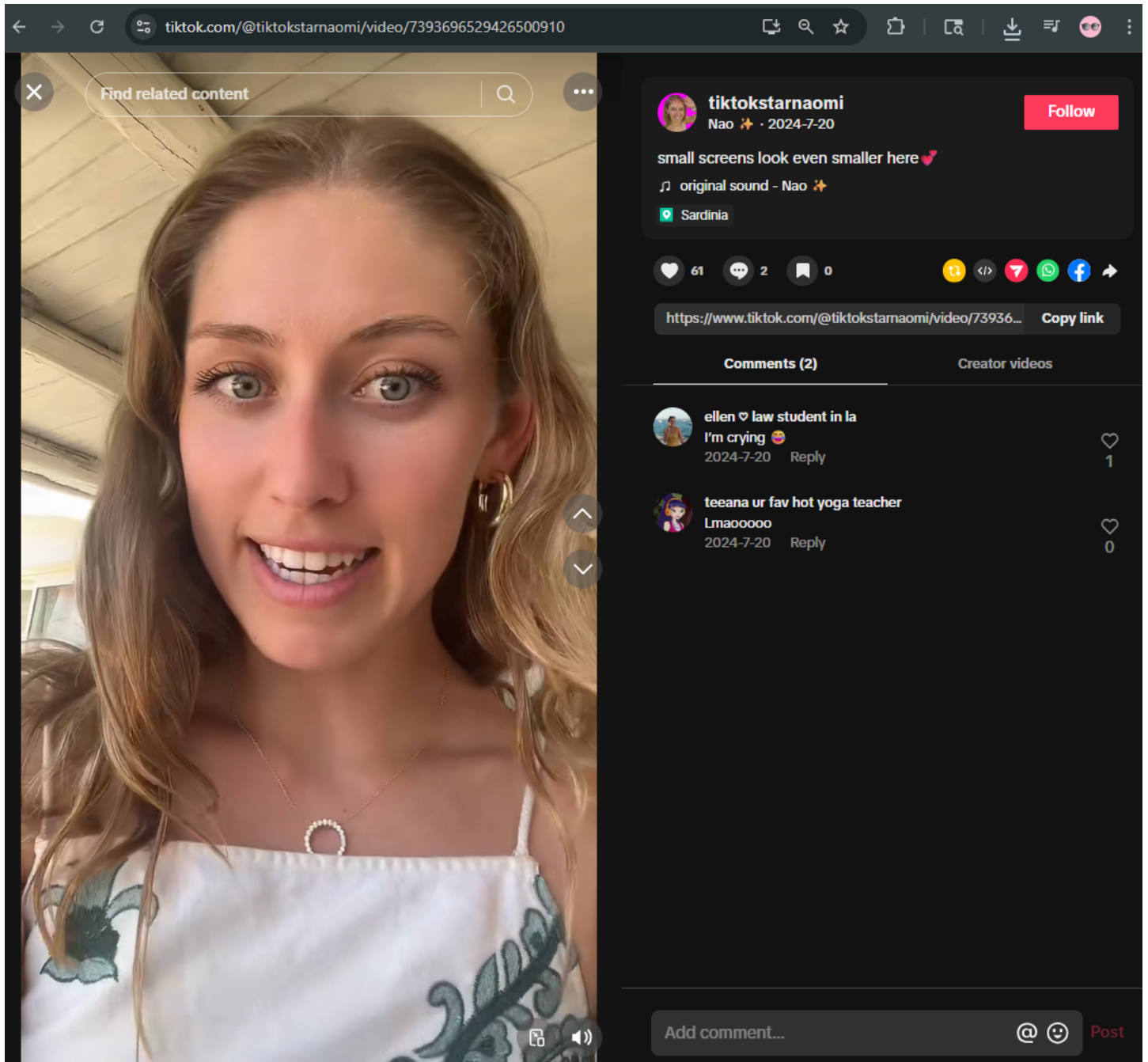
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7393696529426500910>

*After DOI*

Seen with a drink at a restaurant in Italy "small screens look even smaller here"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645743](#)

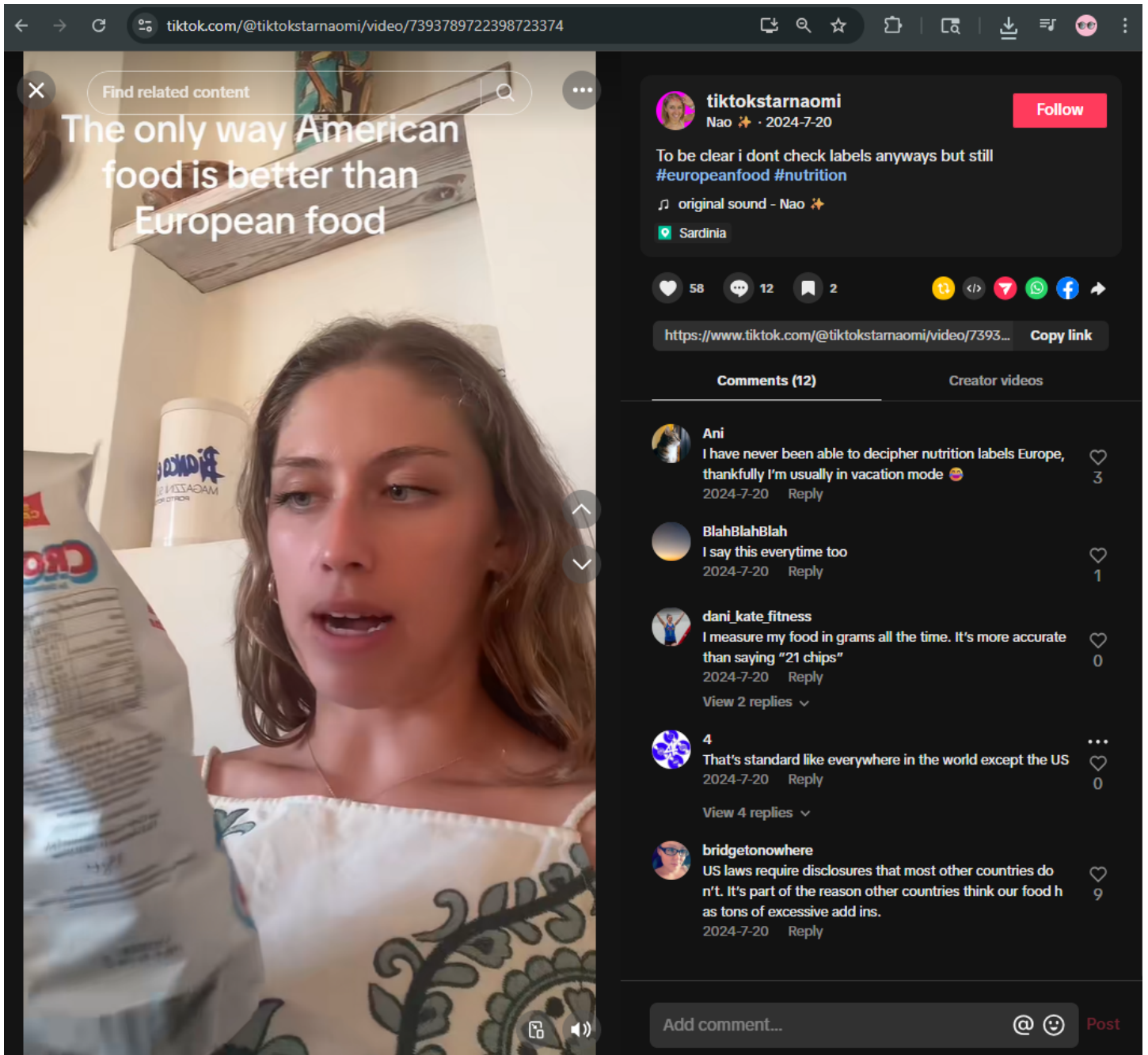
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7393789722398723374>

*After DOI*

"To be clear i dont check labels anyways but still #europeanfood #nutrition"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645745](#)

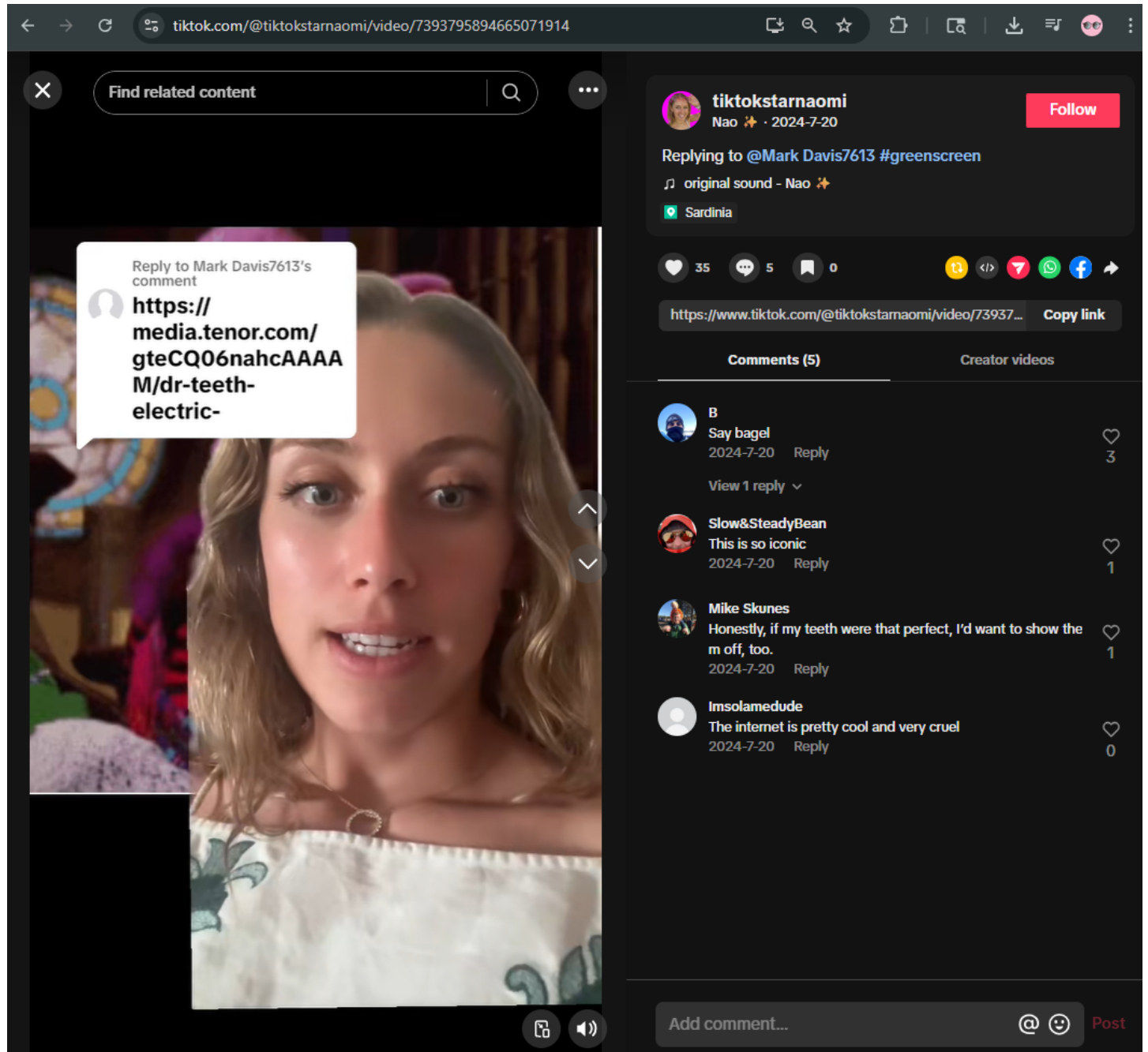
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7393795894665071914>

*After DOI*

"Replying to @Mark Davis7613 #greenscreen"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645746](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7393832692107709742>

*After DOI*

"Do I confront them?? #travel #fakefriends #help"



Posted: Jul 20, 2024



Captured: Sep 23, 2025

[illegible]

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645747](#)

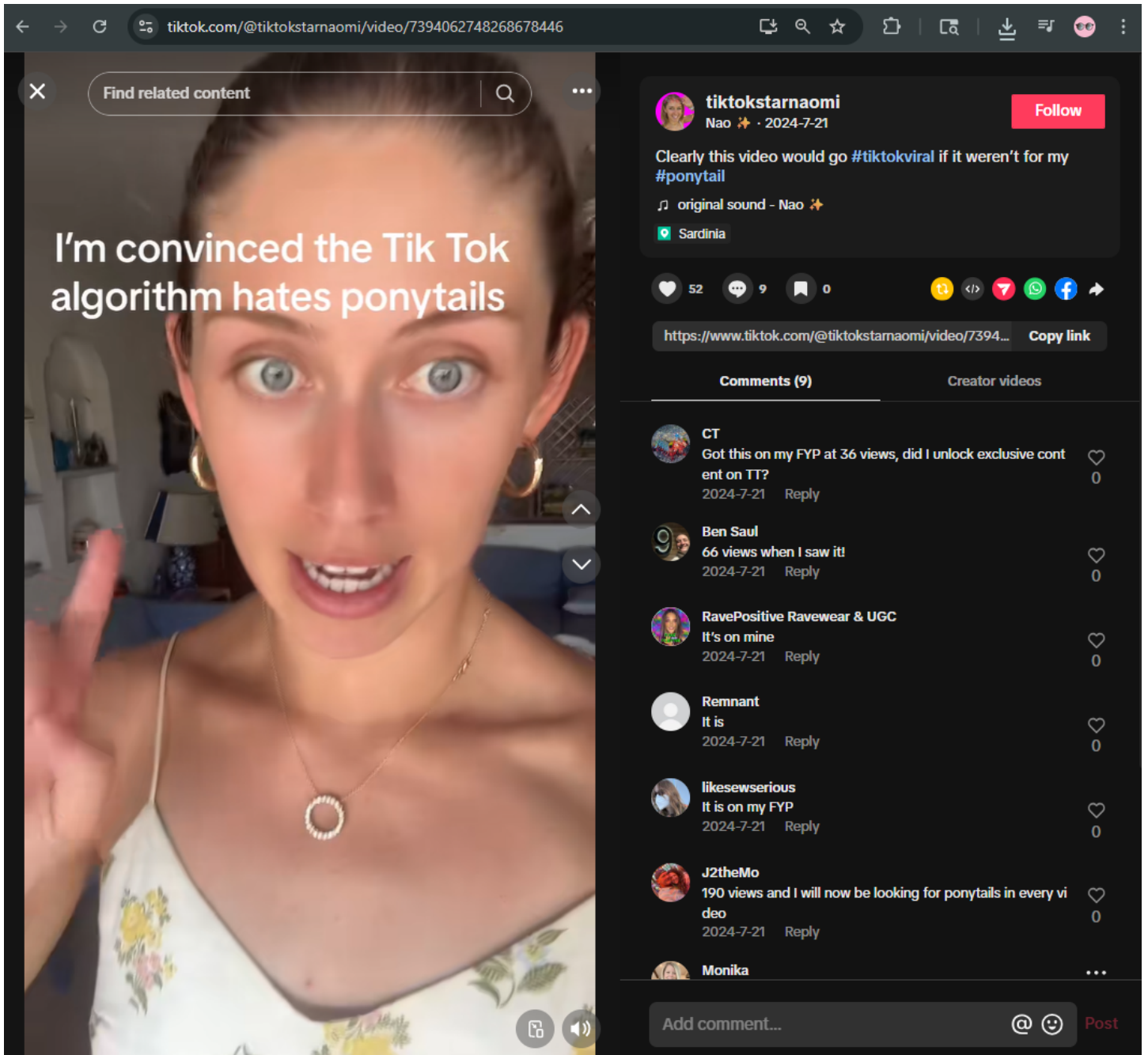
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7394062748268678446>

*After DOI*

"Clearly this video would go #tiktokviral if it weren't for my #ponytail"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645748](#)

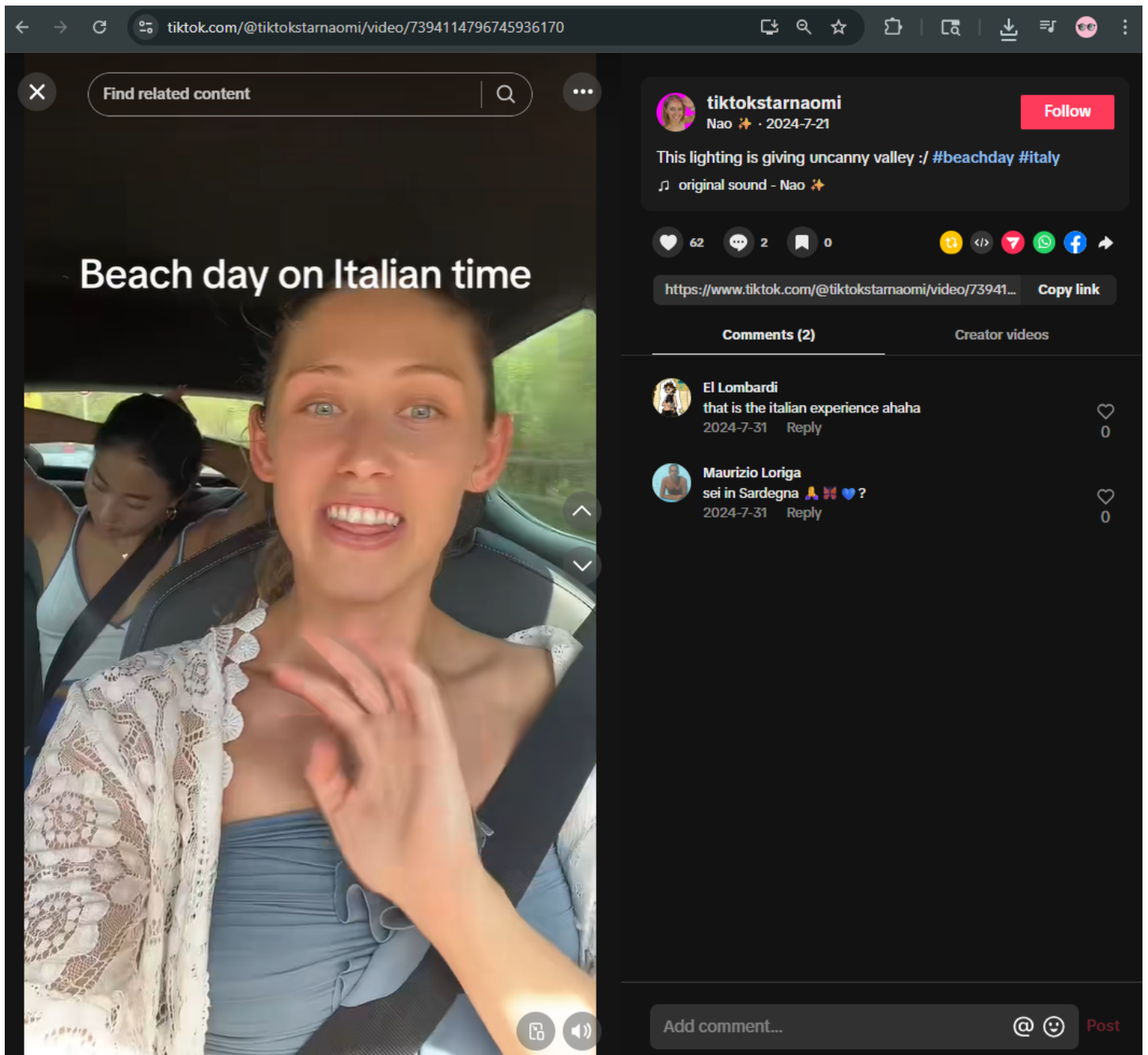
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7394114796745936170>

*After DOI*

Riding in the front passenger seat "This lighting is giving uncanny valley :/ #beachday #italy"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645751](#)

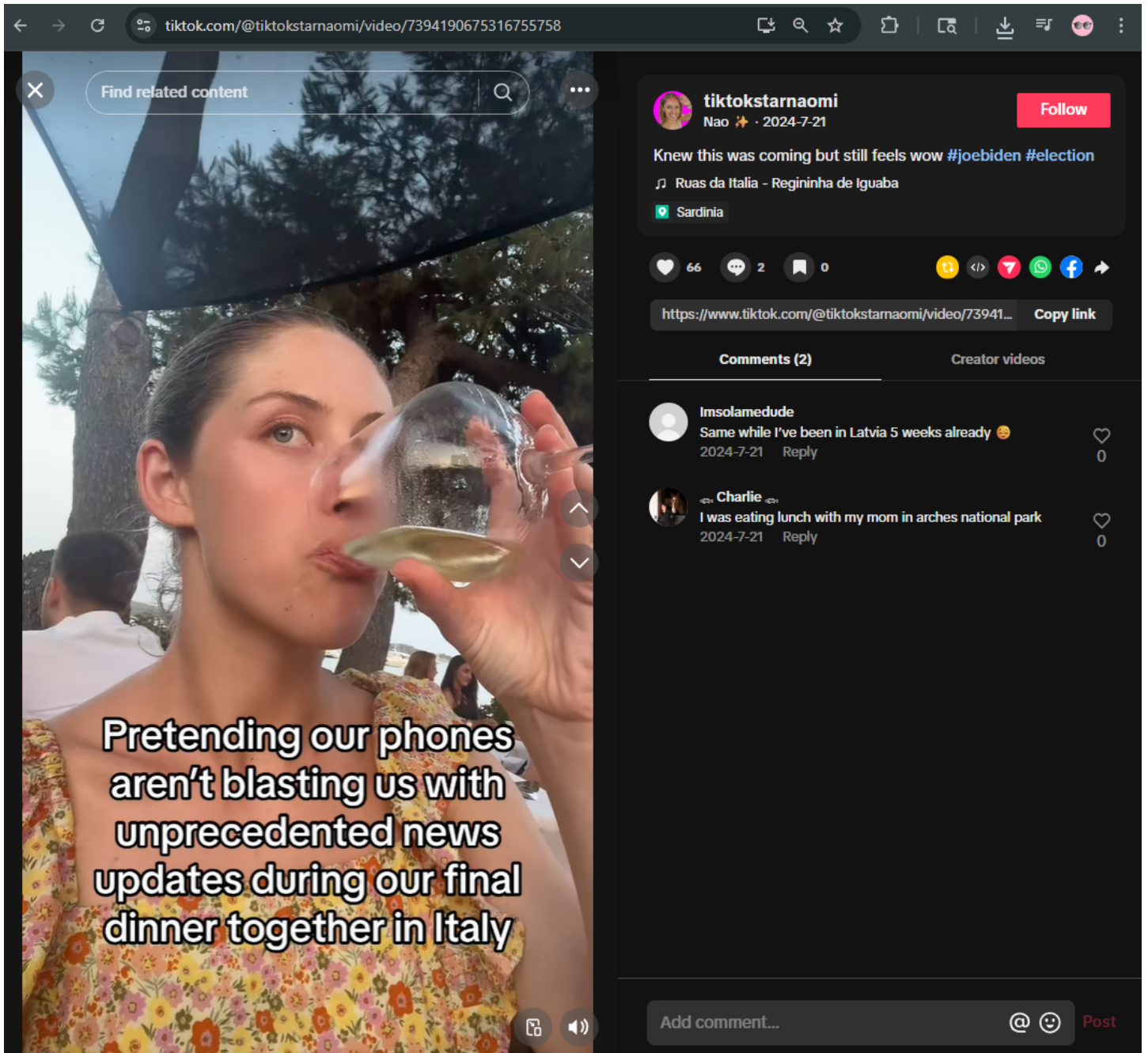
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7394190675316755758>

*After DOI*

Videoed while she drank in Italy "Knew this was coming but still feels wow #joebiden #election"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645754](#)

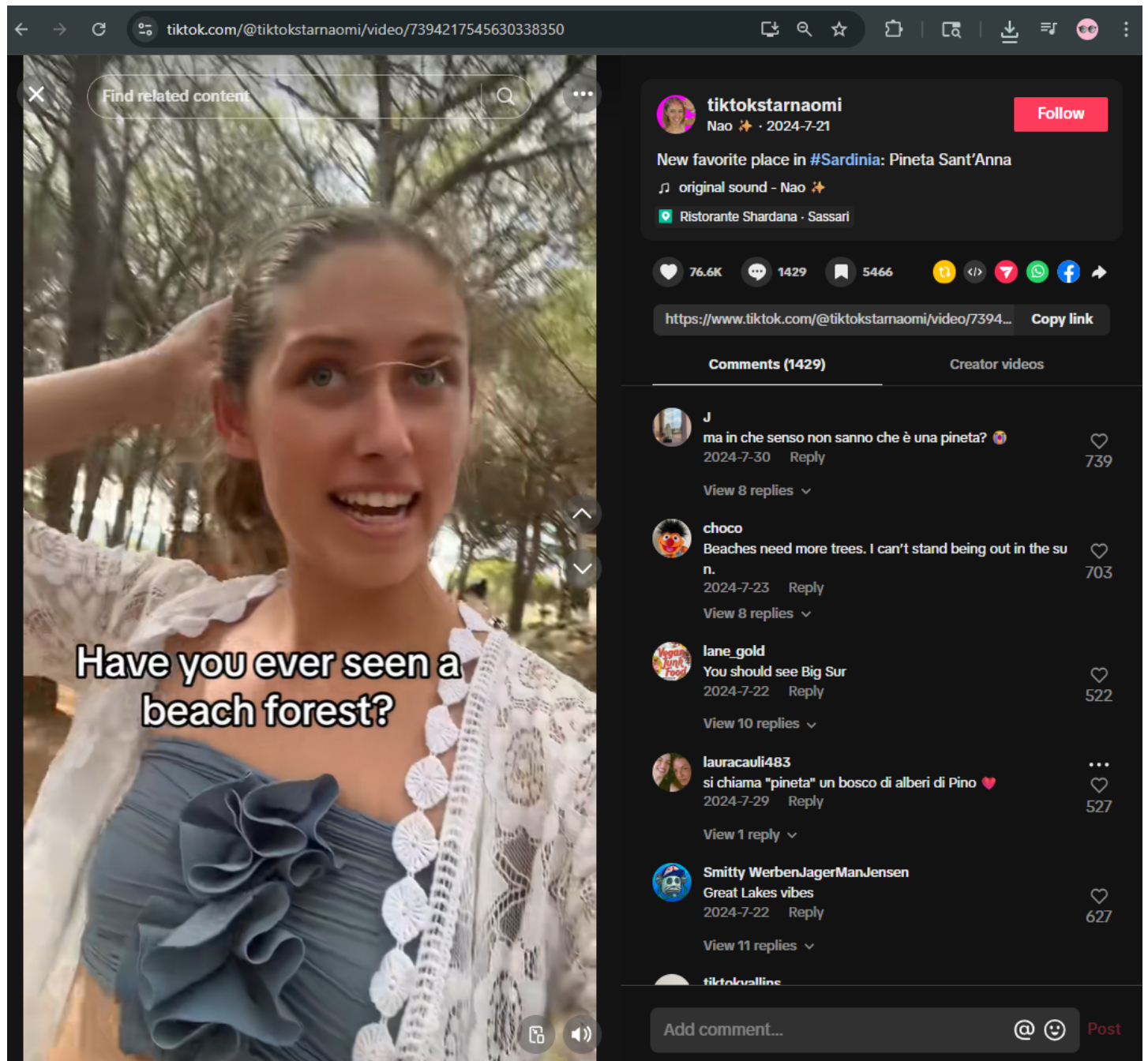
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7394217545630338350>

*After DOI*

Seen walking at Pineta Sant'Anna park in Italy "New favorite place in #Sardinia: Pineta Sant'Anna"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645755](#)

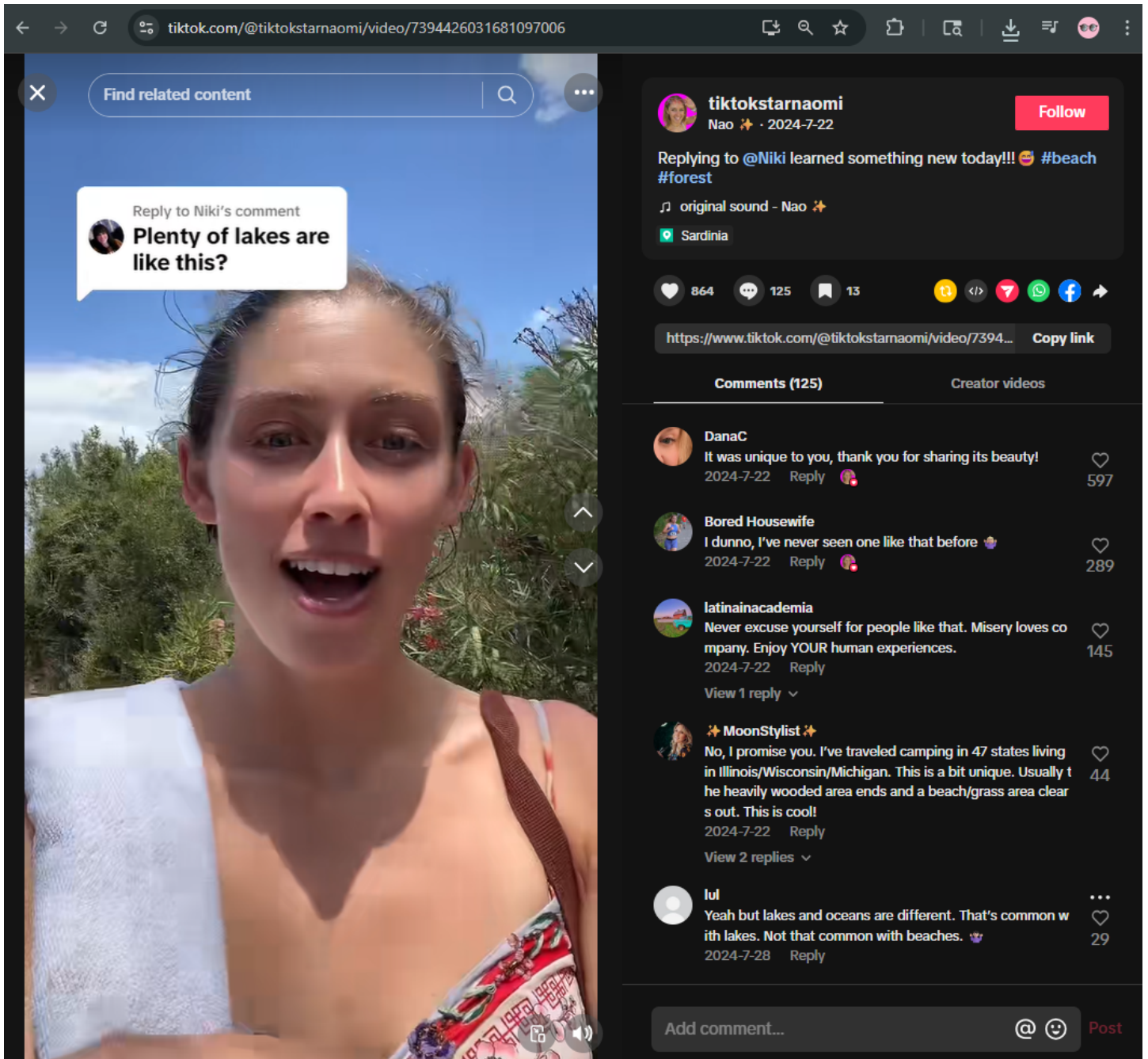
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7394426031681097006>

*After DOI*

"Replying to @Niki learned something new today!!! 🌊 #beach #forest"



[Link to download video](#)



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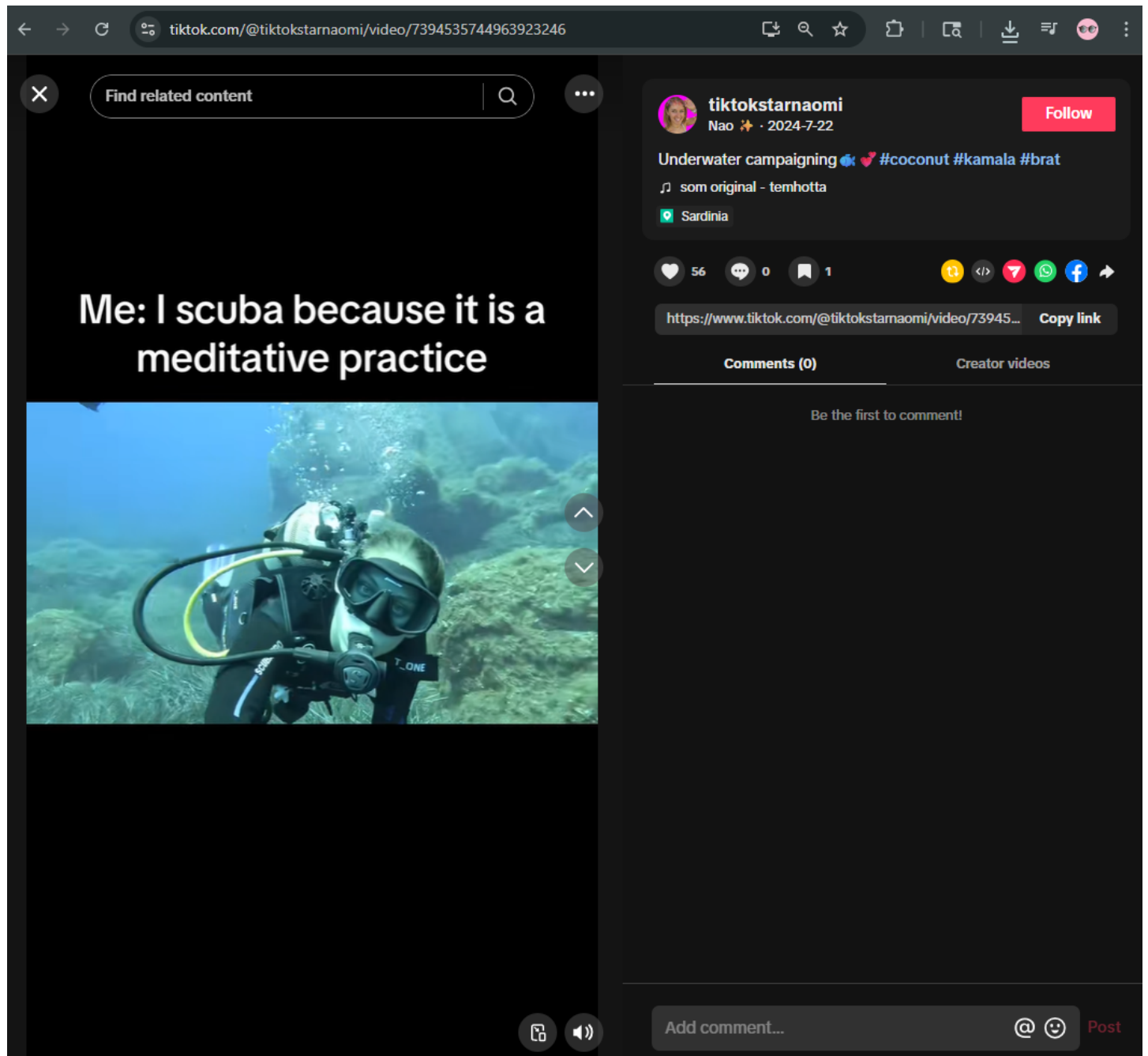
System ID: [645756](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/7394535744963923246>

*After DOI*

Seen scuba diving "Underwater campaigning" #coconut #kamala #brat"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 23, 2024

System ID: [645757](#)



Captured: Sep 23, 2025



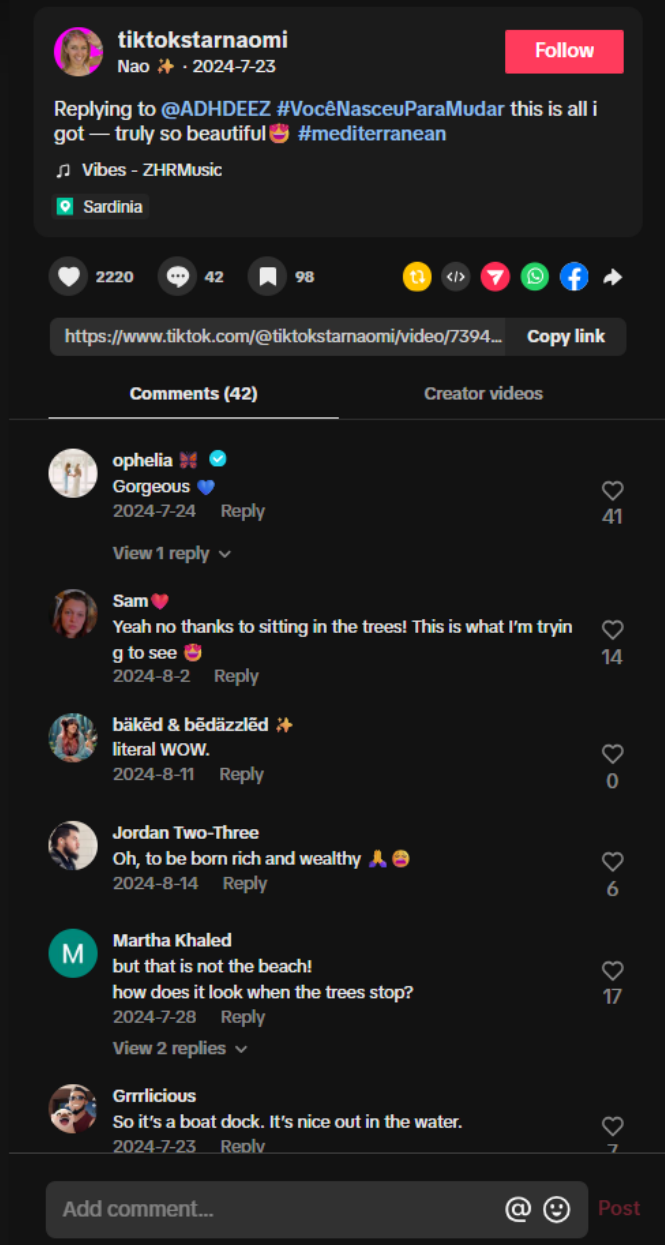
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7394918382354697514>

*After DOI*

On a boat in the Mediterranean Sea "Replying to @ADHDEEZ #VocêNasceuParaMudar this is all i got — truly so beautiful🌊 #mediterranean"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645758](#)

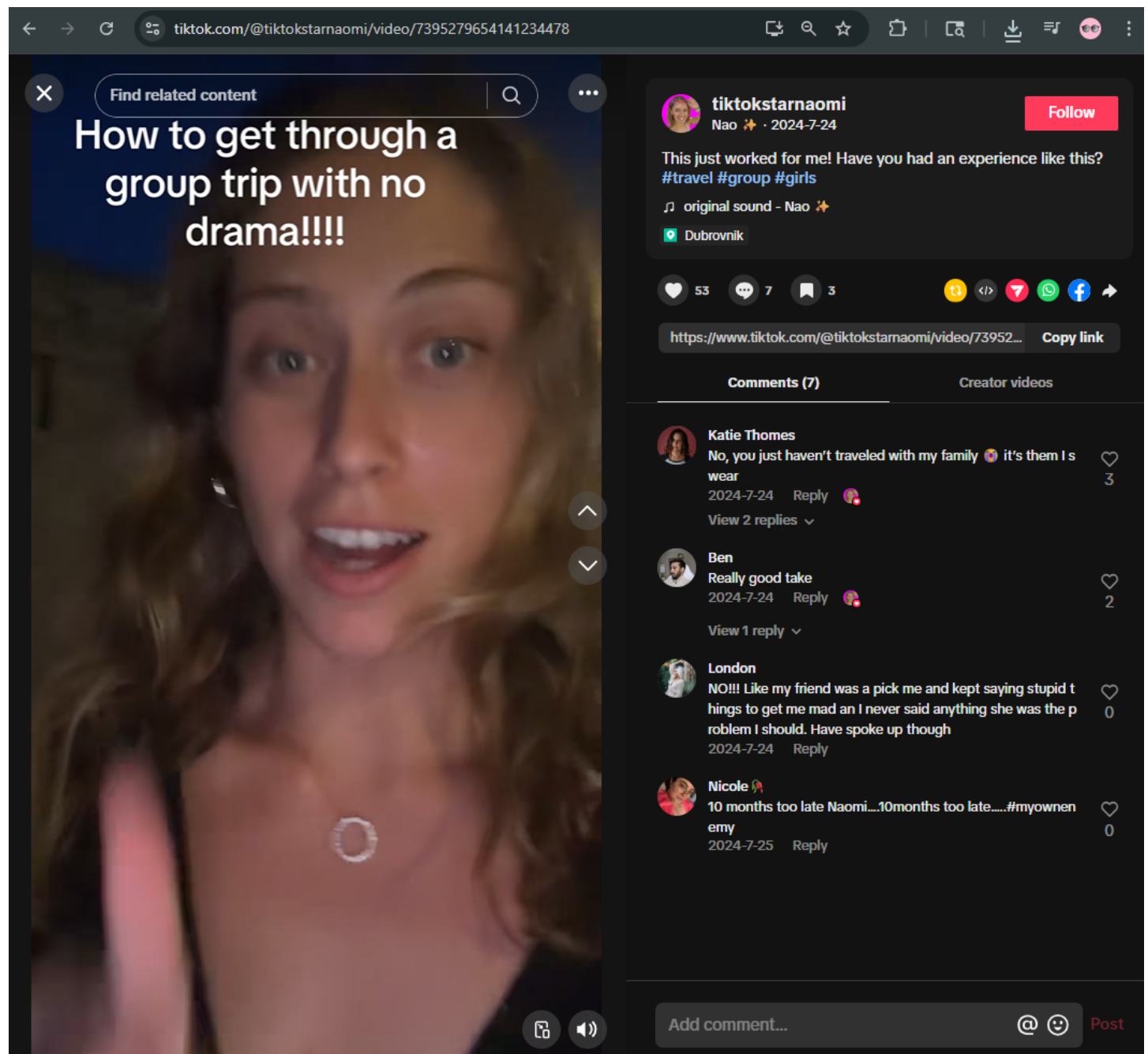
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7395279654141234478>

*After DOI*

"This just worked for me! Have you had an experience like this? #travel #group #girls"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 27, 2024

System ID: [645759](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7396191780636462378>

*After DOI*

Mentioned taking a 4-hour bus ride to an event "There is no better feeling, I'm sure of it" #travel #croatia #yachtweek #dubrovnik"



[Link to download video](#)



**tiktokstarnaomi**  
Nao 🌟 · 2024-7-27

Follow

There is no better feeling, I'm sure of it🌟 #travel #croatia #yachtweek #dubrovnik

🎵 The Path - Modern Nature

📍 Dubrovnik

21

21

□

0



9



<https://www.tiktok.com/@tiktokstarnaomi/video/73961...>

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## Creator videos

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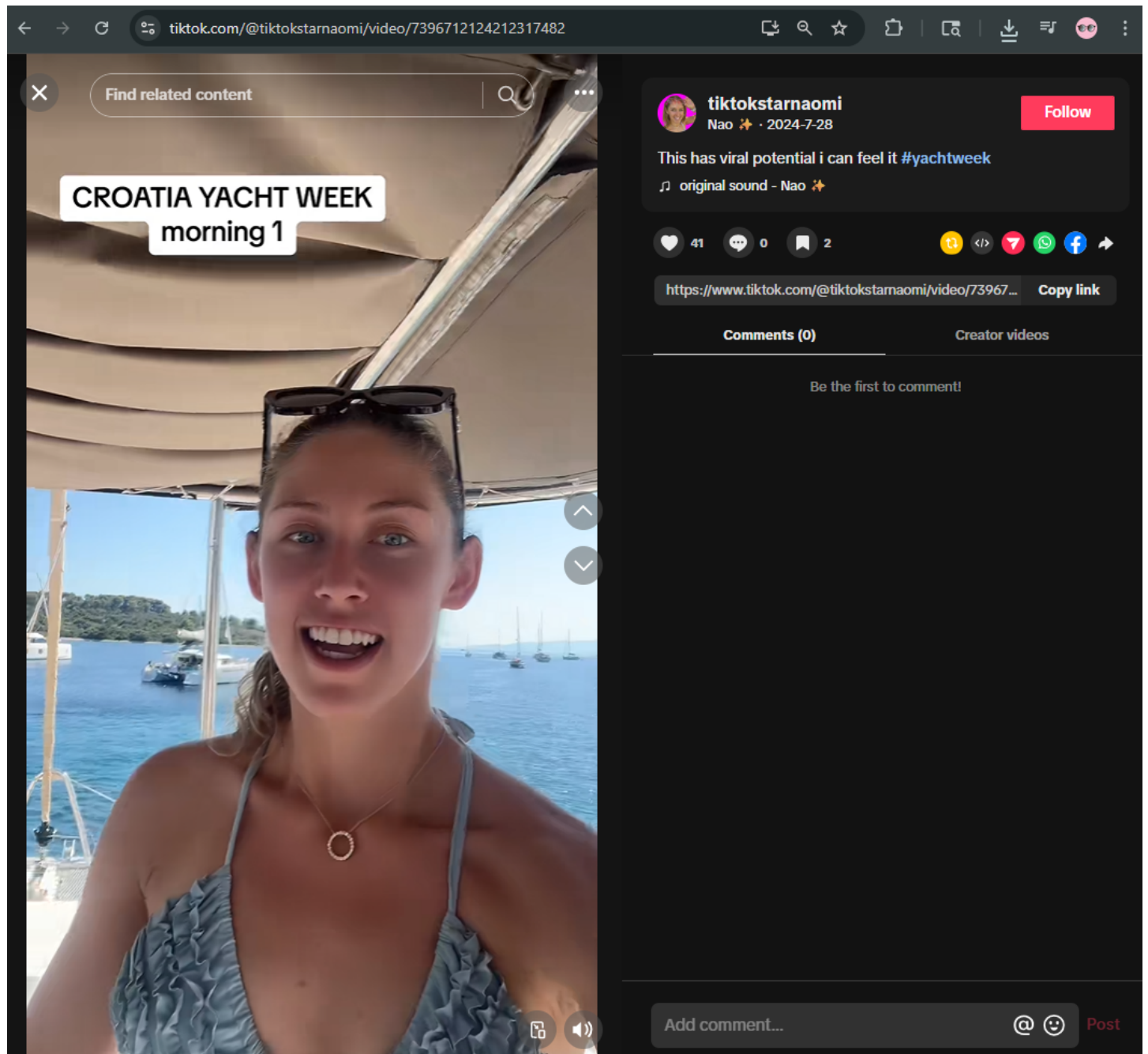
System ID: [645761](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/7396712124212317482>

*After DOI*

On a Yacht in Croatia "This has viral potential i can feel it #yachtweek"



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# TikTok

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System ID: [645762](#)

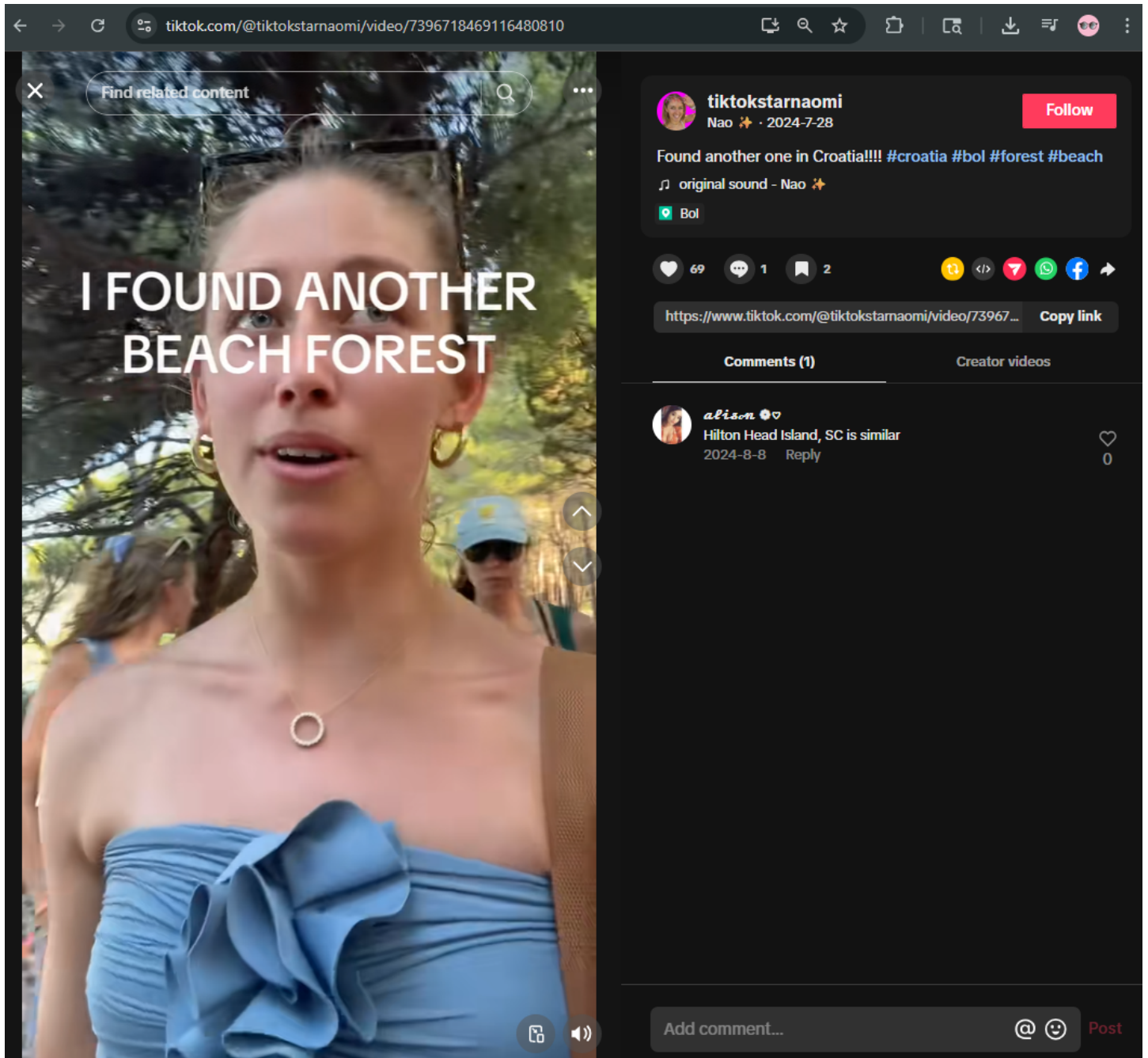
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7396718469116480810>

*After DOI*

Seen walking with associates in Croatia "Found another one in Croatia!!!! #croatia #bol #forest #beach"



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Who is worse off than me?

365 - Charli xcx

14 7 1

https://www.tiktok.com/@tiktokstarnaomi/photo/73997... Copy link

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Ilana Baer  
Oh I hate this  
2024-8-6 Reply 3

cozywithzoe  
TWIN!!! Where have you been??!  
2024-8-5 Reply 2

Nao ✨ · Creator  
2024-8-6 Reply 1

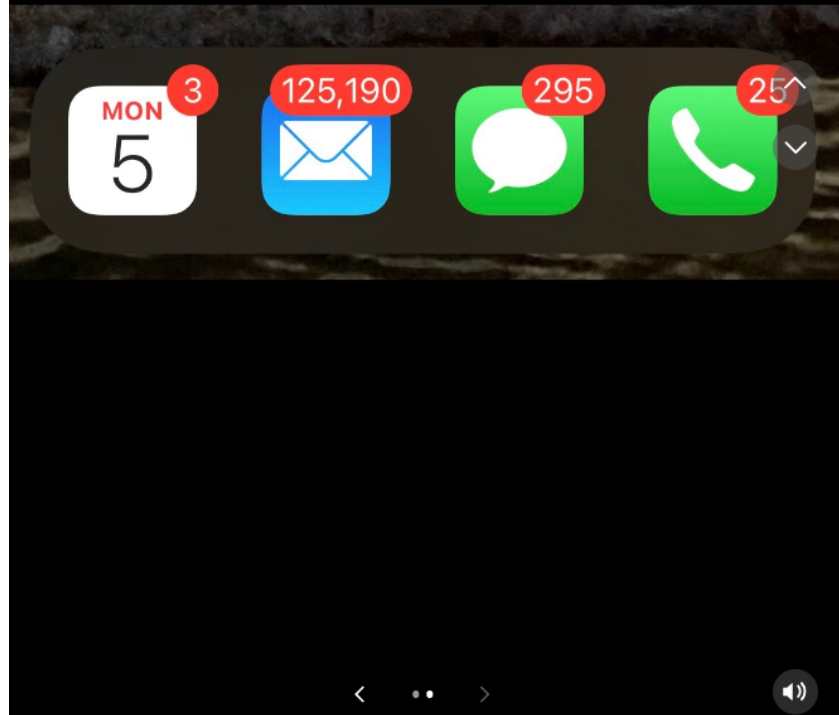
SpelledWithAn\_H  
This gave me hives  
2024-8-6 Reply 2

View 1 reply

ImSolamedude  
Living on the edge of  
2024-8-5 Reply 1

Léa  
Okay literally same ty for being so brave and sharing  
2024-8-7 Reply 0

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System ID: [645766](#)

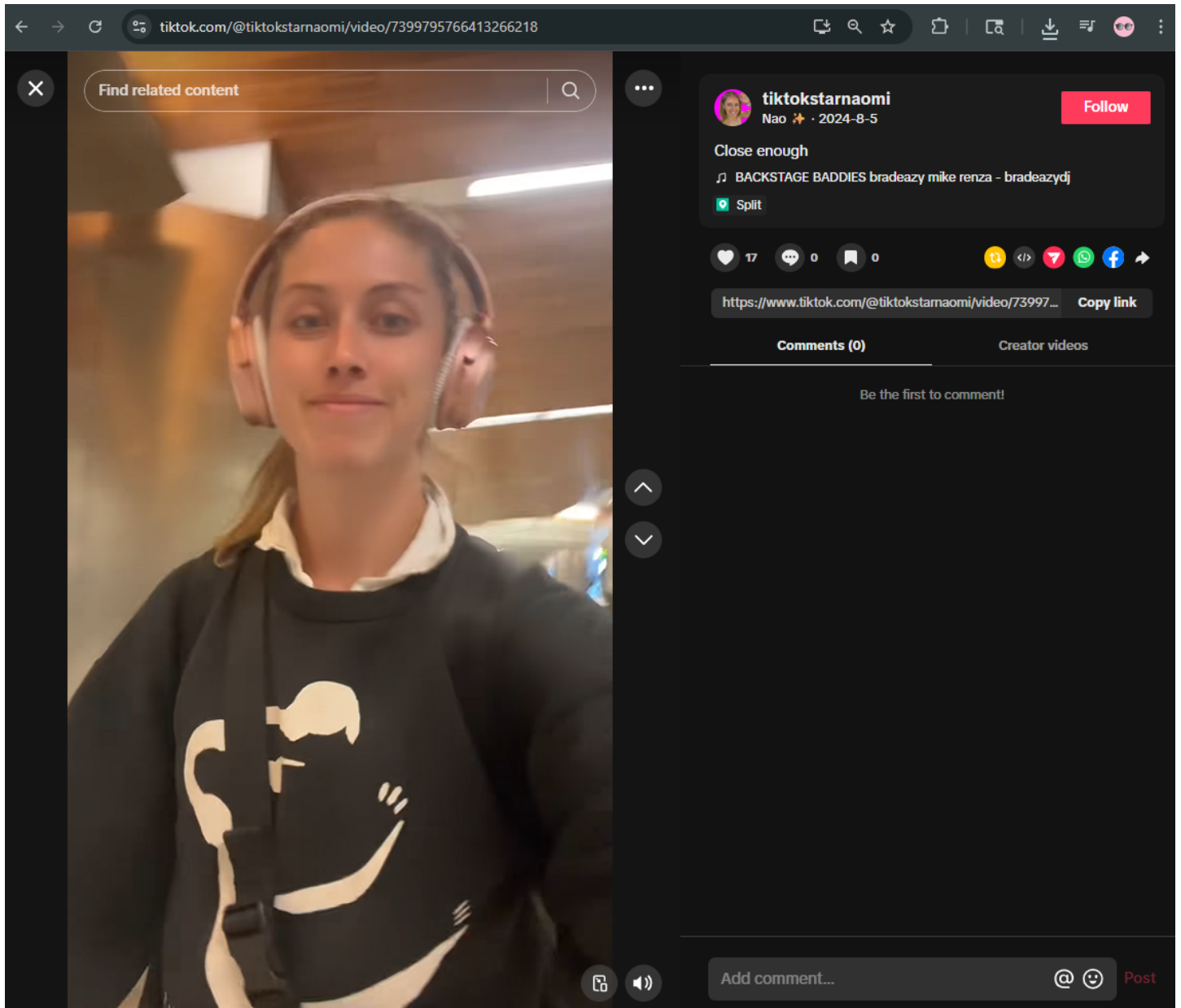
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7399795766413266218>

*After DOI*

Included a clip of her walking in an airport, and standing behind a DJ at a club "Close enough"



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[@tiktokstarnaomi](#)

System ID: [645767](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/7400200778696396078>



Posted: Aug 06, 2024



Captured: Sep 23, 2025



*After DOI*

Seen drinking on her 10-hour flight to Los Angeles, California "Movie haters unite!! #flying"

tiktok.com/@tiktokstarnaomi/video/7400200778696396078

XFind related contentQ

Is anyone else unable to ever watch movies, even on planes?

Like...10 hours of my own thoughts and the flight map are funnier and more interesting

📷 🔊

More options

tiktokstarnaomiNao · 2024-8-6Follow

Movie haters unite!! #flyingJust A Girl - No Doubt

3020🔖⌂🔄❌🗨️🐦💬

https://www.tiktok.com/@tiktokstarnaomi/video/74002...Copy link

Comments (2)Creator videos

IsabellaAbsolutely the map and my thoughts are all I need  
2024-8-6Reply0

SophAudiobook and the flight map 🇸🇪  
2024-8-16Reply0

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# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 07, 2024

System ID: [645768](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7400407618511998251>

*After DOI*

Video of her boat trip in Croatia "Voiced over in one take without looking at the footage and tbh it turned out respectable #dubrovnik #lokrumisland #ferry #traveltiktok"

tiktok.com/@tiktokstarnaomi/video/7400407618511998251

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Q

Take the Ferry from Dubrovnik to Lokrum Island with me!

24

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Comments (4) Creator videos

kale

Is it true that you have to reserve ahead of time? Or can you just show up and pay?

8-15 Reply

0

Ben

Roller coaster

2024-8-7 Reply

0

B

How many likes for part 2?

2024-8-7 Reply

0

Nao 🌟 · Creator

1 like but gotta go back and get more content. Didn't expect this to blow up like this (17 likes 🔥🔥🔥)

2024-8-7 Reply

0

Hide ^

Add comment...

@

😊

Post

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tiktokstarnaomi

Nao 🌟 · 2024-8-7

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Voiced over in one take without looking at the footage and tbh it turned out respectable #dubrovnik #lokrumisland #ferry #traveltiktok

less

🎵 original sound - Nao 🌟

Link to download video

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@tiktokstarnaomi

System ID: 645769



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7400556514601078058>



Posted: Aug 07, 2024



Captured: Sep 23, 2025

After DOI

"10/10 small screen view #dubrovnik #croatia #travel #olympics"

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Have you ever seen a more beautiful place for a small screen?💕🥰

tiktokstarnaomi

Nao🌟 · 2024-8-7

Follow

10/10 small screen view #dubrovnik #croatia #travel #olympics

🎵 original sound - Nao🌟

📍 Dubrovnik

22

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🔖

https://www.tiktok.com/@tiktokstarnaomi/video/74005...

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# TikTok

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Posted: Aug 10, 2024

System ID: [645771](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7401606726065327406>

*After DOI*

She flew to Kentucky and her sister picked her up and drove them to Ohio "On my way to tiktokstarilana!  
#ohio #travel"

tiktok.com/@tiktokstarnaomi/video/7401606726065327406

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Nao · 2024-8-10

Follow

On my way to tiktokstarilana! #ohio #travel

original sound - Nao

Cincinnati

30

0

0

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# TikTok

@tiktokstarnaomi

System ID: 645777



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7402380198643125550>



Posted: Aug 12, 2024



Captured: Sep 23, 2025

After DOI

Seen dancing while lip syncing (sound was unavailable) "Okay so fix that???"

Find related content

tiktokstarnaomi

Nao · 2024-8-12

Follow

Okay so fix that???

🔊 This sound isn't available.

Beverly Hills

28

1

0

https://www.tiktok.com/@tiktokstarnaomi/video/74023...

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Creator videos

teeana ur fav hot yoga teacher

No I hate this!!!!

2024-8-13 · Reply

0

Add comment...

@

😊

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 12, 2024

System ID: [645772](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7402371455293394219>

*After DOI*

Mentioned she lost weight on her month long trip to Europe "Looking for non-diet oriented #cleaneating recommendations!!! Help me out tik tok #food #healthy #recommendations #bloattips"

Find related content

Help me out!!!! How can I source and eat European quality food in the US???

tiktokstarnaomi

Nao · 2024-8-12

Looking for non-diet oriented #cleaneating recommendations!!! Help me out tik tok #food #healthy #recommendations #bloattips

less

original sound - Nao

Beverly Hills

44

7

4

https://www.tiktok.com/@tiktokstarnaomi/video/7402...

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Creator videos

nml

Find European grocery stores near where you live. I buy so many ingredients that are imported because they are usually held to higher standards and often have less additives etc.

2024-8-12

Reply

8

NICNAC29

European living in the US here! literally the only thing possible - grow your own food. I've been bloated&gained weight since I live in the US.. sad

2024-8-12

Reply

1

jonjon

id recommend sourcing brands you know about online. im gluten free and only use french or Italian imported baking ingredients. now i can eat bread daily without getting sick OR overweight lol

2024-8-13

Reply

1

Jennifer C

I eat very healthy, but I get bloated from most meals despite buying organic and high quality. I think there are still so many chemicals allowed in all foods that shouldn't be, even

0

Add comment...

@

😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645778](#)

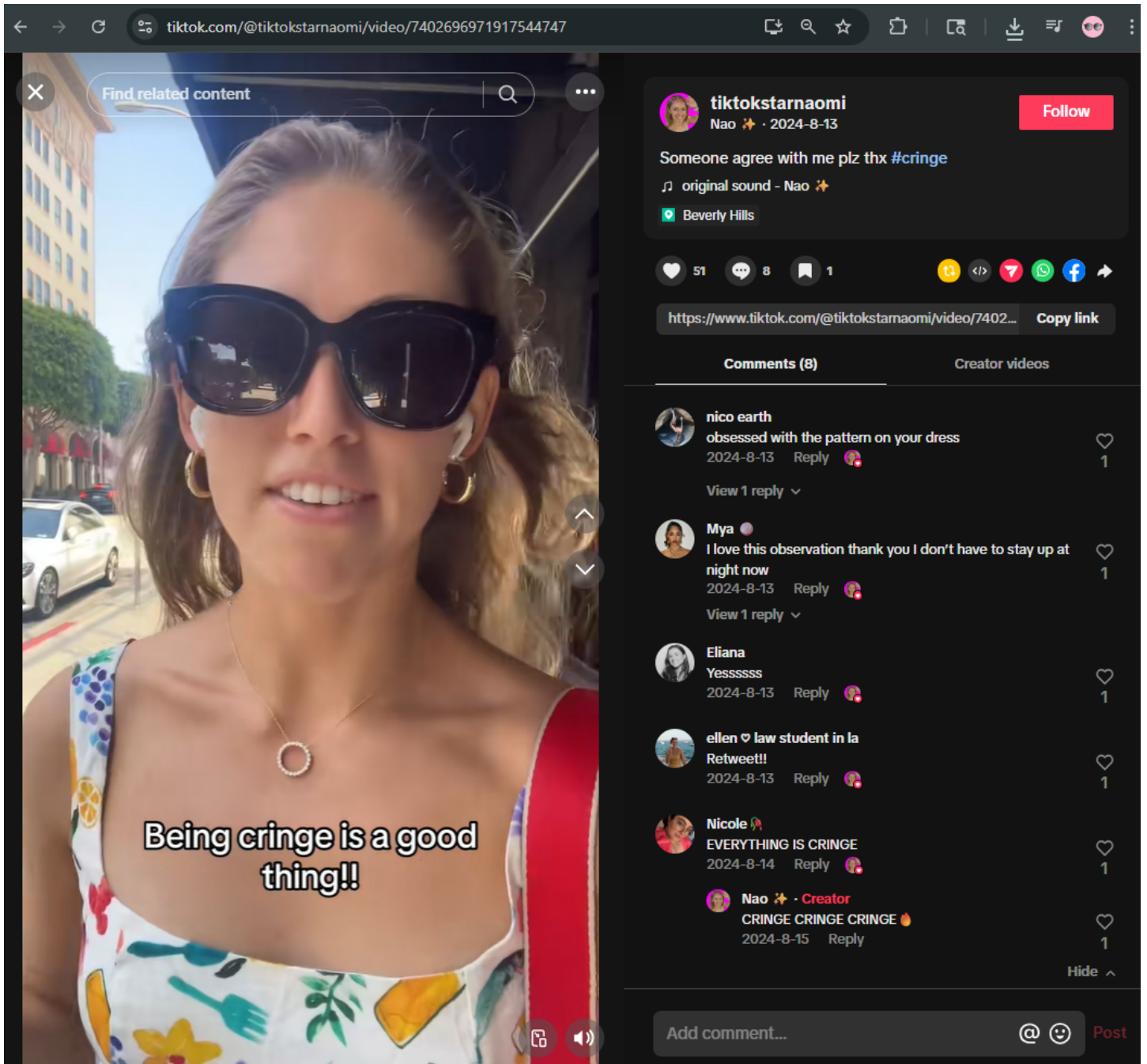
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7402696971917544747>

*After DOI*

Seen walking "Someone agree with me plz thx #cringe"



[Link to download video](#)

# Other

 Reddit




Posted: Aug 29, 2024

 System ID: [674772](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 [https://www.reddit.com/r/Supplements/comments/1f48mjv/crazy\\_success\\_with\\_astaxanthin\\_preventing\\_sunburns/](https://www.reddit.com/r/Supplements/comments/1f48mjv/crazy_success_with_astaxanthin_preventing_sunburns/)


*After DOI*

Subject's post in the "Supplements" subreddit was removed.

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- r/explainlikeimfive



r/Supplements • 1y ago  
ribbit\_reddit\_girl



# Crazy success with astaxanthin preventing sunburns

Recommendations



Sorry, this post has been removed by the moderators of r/Supplements.



0



1



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AutoModerator MOD • 1y ago • Lock icon

After DOI

Subject's post regarding her success with astaxanthin preventing sunburns.

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r/Supplements • 1y ago

ribbit\_reddit\_girl

...

Crazy success with astaxanthin preventing sunburns

Recommendations

I (27F) could not make a stronger recommendation for astaxanthin to help prevent sunburns (along with sunscreen). I have a light complexion and usually burn before I can barely tan, however by using astaxanthin I was able to entirely prevent burns.

I started dosing 24mg/day astaxanthin (in addition to 40mg lycopene and some other irrelevant supplements) ~2 weeks before an 8 week summer trip to Europe and South America. I took the high dosage probably 90% of days, and did not burn in a single spot EVER. What made my results notable was that even though we all used the same amount of sunscreen, all my friends except for me burned at least once. The weather was even so hot on some days that I made bets with friends over whether or not I would get a sunburn because they could not believe it was possible to not burn in that weather (and I won each time).

Anyways, I will definitely be keeping this supplement up for hot weather trips. Curious if anyone else has similar experiences!

68

44

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UnderHare • 1y ago

I burn easily. This is mind blowing.

6

Reply

Award

Share

...

[deleted] • 1y ago

AutoModerator MOD • 1y ago

[deleted] • 1y ago • Edited 1y ago

Higher doses of astaxanthin are used as anti-inflammatory aides for people with arthritis and various neurological disorders. I wonder how this translates to sun protection.



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9 Reply Award Share



**Efficacynow** • 1y ago • Edited 1y ago

Yes. I've had a similar experience. As well as a definite reduction in allergic skin issues such as dermatitis and eczema. Also I think my hormone related brain fog has been helped as well.

Side note. I'm only taking 4 mg a day and it took about a week to notice a difference. After a few months my skin has a slight pinkish hue that wasn't there before and I tan a bit as opposed to burn now.

9 Reply Award Share



**ribbit\_reddit\_girl** OP • 1y ago

Interesting about the pinkish hue! I want that but haven't had that yet even on 24. did you take lycopene too or anything else that could have caused it?

3 Reply Award Share



**Efficacynow** • 1y ago • Edited 1y ago

Good question. Yeah the type I'm taking has lutein (1 mg) and Zeaxanthin (170 mcg) as well as the 4 mg astaxanthin. I also take it at the same time as I take cod liver oil.

No clue. Perhaps there is some sort of synergistic effect going on. When I look up Zeaxanthin it says it can have a slightly yellowing effect. Maybe it's the mix of the two.

1 Reply Award Share



**souknownyet** • 4mo ago

It's the Astaxanthin itself. I also experience the pinkish hue. I think the more mg you take the intense the hue gets.

1 Reply Award Share



**jonoave** • 1y ago

Please be mindful of the dosage. Recommended safe intake is between 4-12 mg / daily.

16 Reply Award Share



**lia2020** • 1y ago

Can you give us an idea of how much your skin darkened from tanning? Like Mariah Carey to Halle Berry or use some other celebrities, please?

5 Reply Award Share

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16 6 Reply Award Share ...



lia2020 • 1y ago

Can you give us an idea of how much your skin darkened from tanning? Like Mariah Carey to Halle Berry or use some other celebrities, please?



6 6 Reply Award Share ...



ribbit\_reddit\_girl OP • 1y ago

Hahahaha I wish!!! I didn't get any darker. My complexion looks better and I would love to be tanner but the supplement didn't change my skin tone. I was in the sun so darkened from that, but in a natural way that is unremarkable and will disappear in a week probably

2 2 Reply Award Share ...



Sad-Newt8976 • 1y ago

Lol, YAASSS!!! 🤔🤔

1 1 Reply Award Share ...



CompetitiveAdMoney • 1y ago

What are the other irrelevant supplements? Lycopene is about as effective as astaxanthin so taking 64 mg of carotenoids daily would increase the UV needed to burn if you arent already on a high carotenoid diet. Estimate from ChatGpt says 20-70% increase in the radiation dose needed to burn visibly.



6 6 Reply Award Share ...



ribbit\_reddit\_girl OP • 1y ago

Great point.

Astaxanthinand lycopene (for antioxidant and skin benefits) Calcium, vitamin k+d, biotin (for bones and hair)

1 1 Reply Award Share ...



MamaRunsThis • 1y ago

Yes! I always start taking 12mg at least 6 weeks before my vacations. I used to sometimes get a rash from the sun and would have to be very careful with sunscreen. Now I put on SPF 30 and I don't have to be as cautious on reapplying. I haven't even come close to burning



9 9 Reply Award Share ...

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wow I had no idea of this effect, my mom takes it because she says it good for her eyesight and skin

5 7 Reply Award Share ...

**Parallel-Quality** • 1y ago

24mg of Astaxanthin per day is crazy.

7 Reply Award Share ...

**iLikePotatoesz** • 1y ago

It's not really that crazy.

<https://pubmed.ncbi.nlm.nih.gov/31788888/>

Recommended or approved doses varied in different countries and ranged between 2 and 24 mg

Also, <https://examine.com/supplements/astaxanthin>

Astaxanthin appears to be recommended in the dosage range of 6-8mg daily, which is low enough that an enriched salmon oil or krill oil supplement may contain adequate levels. Doses of up to 20-50mg astaxanthin have been tolerated, although the exact toxicity and upper limit is not known.

I even heard anecdotally of doses up to 100mg, although one taking so much may have some very specific reason.

At 12mg-16mg range is great for me. If I take it but not much inflammation, ros, sun that day, then I take 4-8mg range.

3 Reply Award Share ...

**ribbit\_reddit\_girl** OP • 1y ago

exactly to ilikepotatoes lol! Yeah I know it's a high dose but I feel and look great on it so far. I will drop to 12 or less when winter hits but for now I'm trusting how I feel :)

2 Reply Award Share ...

**superanth** • 1y ago

[A study](#) seems to indicate that astaxanthin protects the skin from UV by slightly altering its composition, improving it's ability to resist dehydration and increasing blood flow to the skin.

2 Reply Award Share ...

**LonghouseConnoisseur** • 1y ago

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← r/Supplements • 1y ago  
ribbit\_reddit\_girl



## Crazy success with astaxanthin preventing sunburns

### Recommendations

I (27F) could not make a stronger recommendation for astaxanthin to help prevent sunburns (along with sunscreen). I have a light complexion and usually burn before I can barely tan, however by using astaxanthin I was able to entirely prevent burns.

I started dosing 24mg/day astaxanthin (in addition to 40mg lycopene and some other irrelevant supplements) ~2 weeks before an 8 week summer trip to Europe and South America. I took the high dosage probably 90% of days, and did not burn in a single spot EVER. What made my results notable was that even though we all used the same amount of sunscreen, all my friends except for me burned at least once. The weather was even so hot on some days that I made bets with friends over whether or not I would get a sunburn because they could not believe it was possible to not burn in that weather (and I won each time).

Anyways, I will definitely be keeping this supplement up for hot weather trips. Curious if anyone else has similar experiences!

↑ 68 ↓ 44 🔔 Share

Share your thoughts

Sort by: Best 🔍 Search Comments

👤 UnderHare • 1y ago

I burn easily. This is mind blowing.

⊖ ↑ 6 ↓ Reply 🏆 Award ➦ Share ...

⊕ [deleted] • 1y ago

⊕ AutoModerator MOD • 1y ago • 🔒 🗑️

👤 [deleted] • 1y ago • Edited 1y ago

Higher doses of astaxanthin are used as anti-inflammatory aides for people with arthritis and various neurological disorders. I wonder how this translates to sun protection.



# TikTok

[@tiktokstarnaomi](#)

System ID: [645780](#)

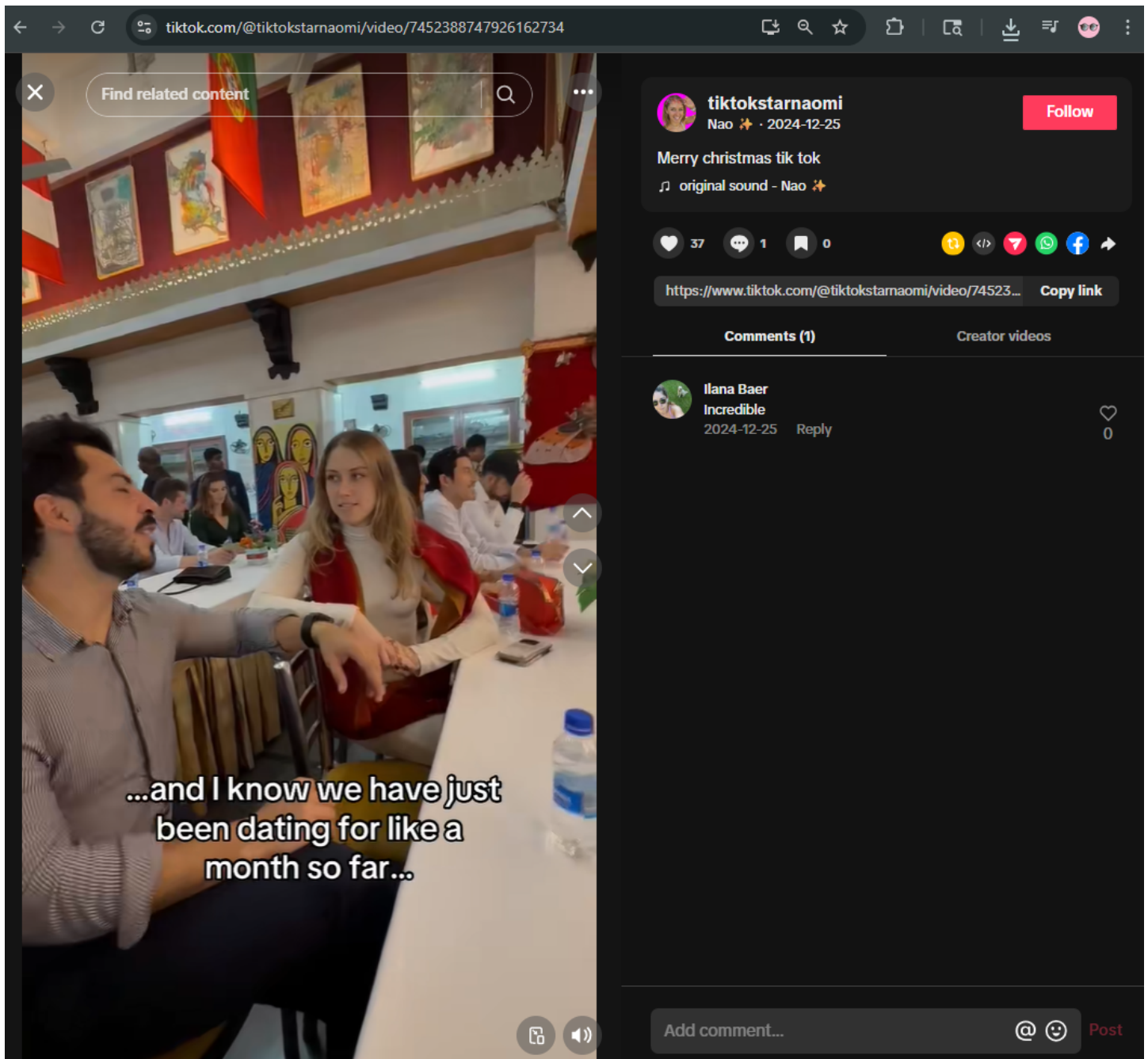
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7452388747926162734>

*After DOI*

Seen sitting while slightly turned to talk to the person beside her "Merry christmas tik tok"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645781](#)

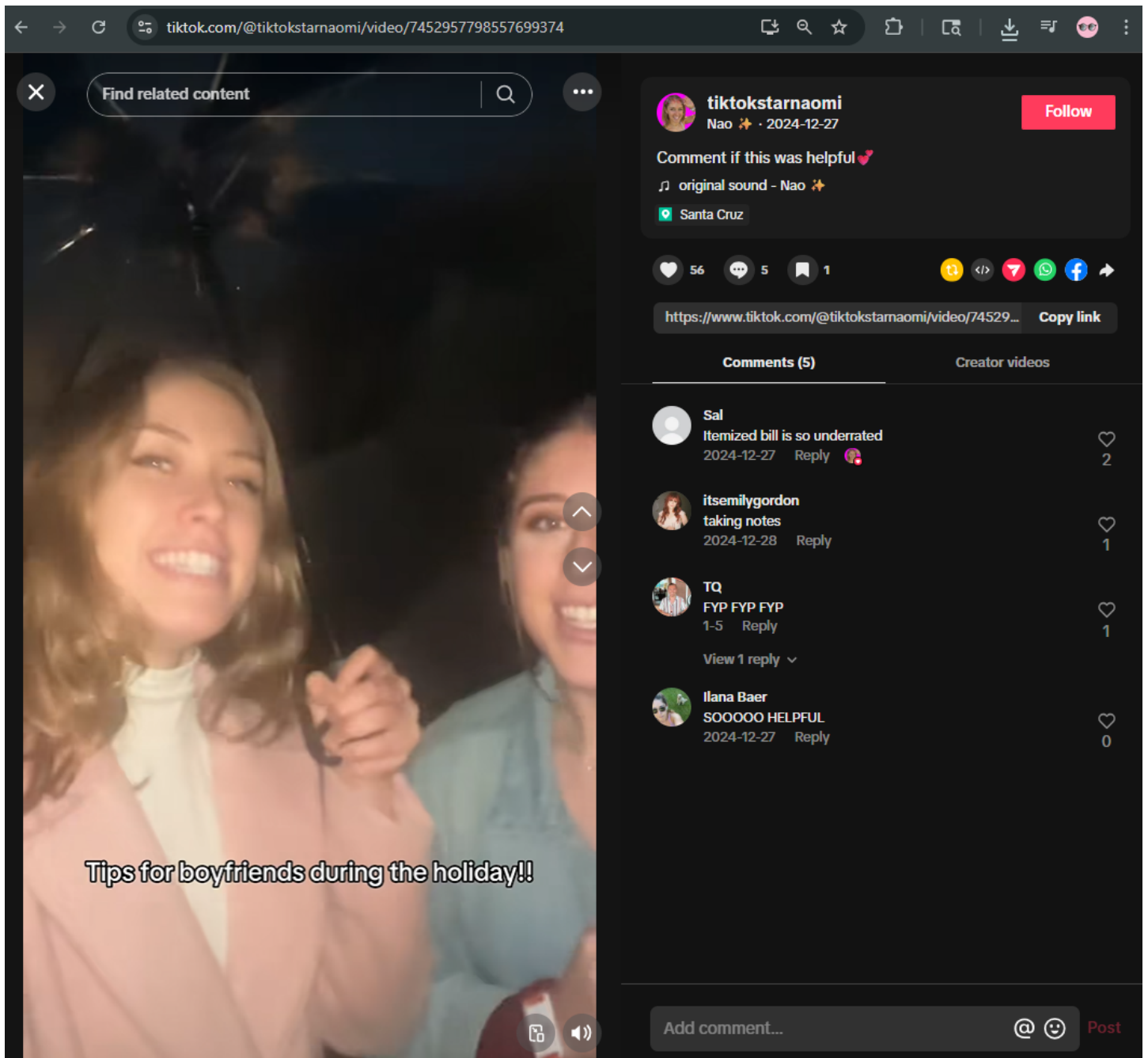
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7452957798557699374>

*After DOI*

Seen walking with an umbrella over her shoulder "Comment if this was helpful"



[Link to download video](#)

# Other

	Reddit		Posted: Jan 03, 2025
	System ID: <a href="#">674774</a>		Captured: Dec 09, 2025
	<a href="#">Naomi Ellen Baer</a>		
	<a href="https://www.reddit.com/r/Spondylolisthesis/comments/1hswbva/xrays_fusion_soon/">https://www.reddit.com/r/Spondylolisthesis/comments/1hswbva/xrays_fusion_soon/</a>		

*After DOI*

Photos of Subject's spine x-rays. In the post, Subject says she has a fusion scheduled in 3 weeks. This is Subject's most recent Reddit post.

reddit

Q

r/Spondylolisthesis X

Search in r/Spondylolisthesis

- 🏠 Home

🔗 Popular

🔍 Explore

📊 All

+

 Start a community

GAMES ON REDDIT ^

S

Syllo

Merge syllables

2.8M monthly players

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Word City

Farm Merge Valley

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CUSTOM FEEDS ^

+

 Create Custom Feed

- RECENT ^
- r/Spondylolisthesis

ELI5

r/explainlikeimfive

COMMUNITIES ^

⋮

←

r/Spondylolisthesis

1y ago

ribbit\_reddit\_girl

⋮

Xrays — fusion soon

Moral Support



27F. Got Xrays for the first time and it's validating to see the L5/S1 spondy and pars defect so clearly. I have a chronically achey lower back and it is uncomfortable to sit. I also can't exercise much without a flair up. Excited for my fusion scheduled in 3 weeks — I'm optimistic everything will get better 💖

↑ 7 ↓

💬 3

🔔

🔗 Share

Share your thoughts

- 🏠 Home

🔥 Popular

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- GAMES ON REDDIT

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r/Spondylolisthesis

ELIF

r/explainlikeimfive
- COMMUNITIES

🔍

r/Spondylolisthesis

1y ago

ribbit\_reddit\_girl

...

Xrays — fusion soon

Moral Support

04-08-1997

12-05-2024 03:14 PM

3/3

Crop



Distance: Po

27F. Got Xrays for the first time and it's validating to see the L5/S1 spondy and pars defect so clearly. I have a chronically achey lower back and it is uncomfortable to sit. I also can't exercise much without a flair up. Excited for my fusion scheduled in 3 weeks — I'm optimistic everything will get better 💖

👍 7

🗨 3

🔔

🔗 Share

Share your thoughts

# TikTok

[@tiktokstarnaomi](#)



Posted: Jan 06, 2025

System ID: [645782](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7456963105642548526>

*After DOI*

Post about how she had recently started at Stanford Graduate School of Business and was living there  
"Feeling like Mr. Beast with these AI generated captions #stanford #mba #businessschool"



tiktok.com/@tiktokstarnaomi/video/7456963105642548526

Find related content

I STARTED BUSINESS SCHOOL

HEY TIKTOK I'M BACK

tiktokstarnaomi  
Nao · 1-6

Follow

Feeling like Mr. Beast with these AI generated captions  
#stanford #mba #businessschool

original sound - Nao

42 12 1

https://www.tiktok.com/@tiktokstarnaomi/video/7456... Copy link

Comments (12) Creator videos

JettDrums  
Good stuff  
1-6 Reply

Amanda Jaeger  
I care  
1-7 Reply

Soph  
Waomi  
1-8 Reply  
View 1 reply

Jal1227  
Hi! Congrats on Stanford!! Can you share a bit of your GMAT study journey? I am currently trying to study while man aging fully time job and it's been stressful!  
1-29 Reply  
View 2 replies

Helena  
Welcome back  
1-6 Reply

Eliana  
Let's goooooooooo  
1-6 Reply

Add comment... @ Post

[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 645785



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7462917995644341546>

After DOI

"Do what you gotta do☹️"



Posted: Jan 22, 2025



Captured: Sep 23, 2025

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7462917995644341546

✕ Find related content 🔍

**tiktokstarnaomi**  
Nao 🌟 · 1-22

Follow

Do what you gotta do 🤖

🎵 original sound - Kardashian clips 📺

📍 Stanford University - Palo Alto

❤️ 15

💬 1

📌 0

🔗

📄

🔖

📧

📘

🔗

https://www.tiktok.com/@tiktokstarnaomi/video/74629...

Copy link

Comments (1)

Creator videos

**hankay14**  
Sooo pretty wow wtf  
1-24 Reply

❤️ 0

Add comment...

@ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645790](#)

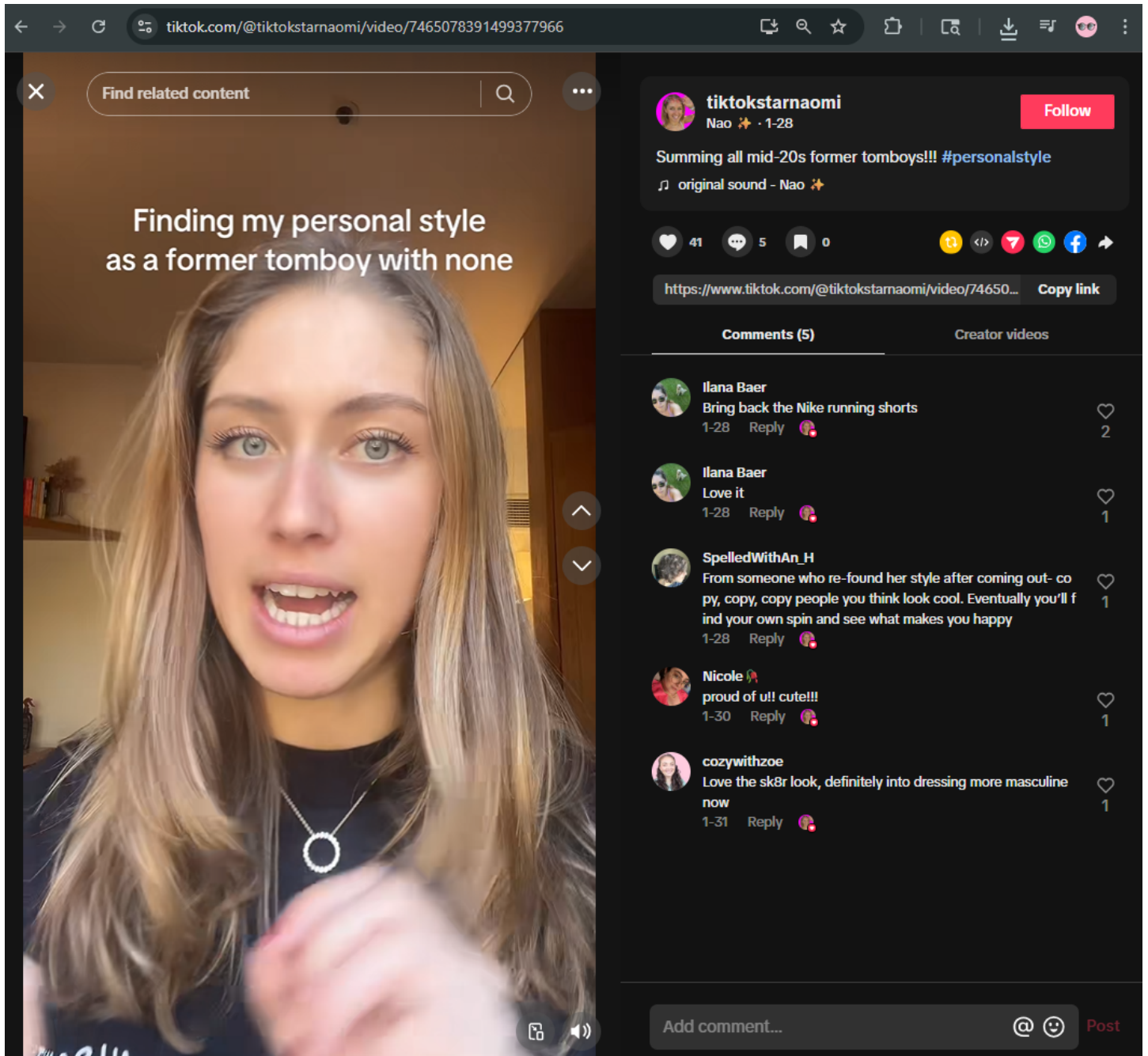
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7465078391499377966>

*After DOI*

"Summing all mid-20s former tomboys!!! #personalstyle"




[Link to download video](#)

# Other

 Reddit



Posted: Feb 02, 2025

 System ID: [674775](#)



Captured: Dec 09, 2025

 [Naomi Ellen Baer](#)

 <https://www.reddit.com/r/Spondylolisthesis/comments/1ie9wp0/comment/malpsa7/?context=3>

*After DOI*

Subject asked for more information regarding the benefits of a sauna for Spondylolisthesis. This is Subject's most recent Reddit comment.

reddit

Search in r/Spondylolisthesis

- Home
- Popular
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- Start a community

GAMES ON REDDIT

- Syllo** Merge syllables 2.8M monthly players
- Two Spies
- Word City
- Farm Merge Valley
- Discover More Games

CUSTOM FEEDS

Create Custom Feed

RECENT

- r/Spondylolisthesis
- r/explainlikeimfive

COMMUNITIES

Manage Communities

r/Spondylolisthesis • 10mo ago

Help please

Need Advice



I am 28yrs old and I was recently told I have Spondylolisthesis. They think it got pushed out when I had my baby. Does anyone who has this have advice on what to do or who to go to? I have no idea who I should see for this I've just read not chiropractors. I'm scared of it getting worse and want to know what has helped others other than surgery.

reddit

Search in r/Spondylolisthesis

- Home
- Popular
- Explore
- All
- Start a community

GAMES ON REDDIT

- Syllo** Merge syllables

Sort by: Best

Search Comments

Fearless-Lion7662 • 10mo ago

I have the same condition. Yours looks a little more advanced than mine. I sauna daily and haven't had a flare up in almost 12 months. If you can source a cheap sauna and keep up with your core strength you may be able to stay on top of the inflammation flare ups

2 Reply Award Share

ribbit\_reddit\_girl • 10mo ago

Can you tell us more about sauna benefits and your routine? I've never heard of this but am very intrigued!

1 Reply Award Share



# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 06, 2025

System ID: [645792](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7468507249401548074>

*After DOI*

Mentioned she attended a California Public High School "Please tell me this was a fever dream"  
#publicschool"



tiktok.com/@tiktokstarnaomi/video/7468507249401548074

Find related content

California public high school grads:  
Who remembers this???

tiktokstarnaomi  
Nao · 2-6

Follow

Please tell me this was a fever dream 🤪 #publicschool

original sound - Nao 🤪

California

1306 300 34

<https://www.tiktok.com/@tiktokstarnaomi/video/7468507249401548074> Copy link

Comments (300) Creator videos

saraengmyr  
lockdown drills  
2-8 Reply 24  
View 1 reply

snookiespoof  
I'm in southern CA it would be a earthquake/intruder/then fire drill. They would try to jostle the handle to make sure it's locked but they never mentioned a shooter specifically  
2-7 Reply 229  
View 3 replies

rhys  
We'd combine all of them during the great California shake out. The rest of the year it was just fire drills, but we'd do them all during the shake out  
2-9 Reply 35

SoCalMom24  
Im too old for this 🤔 we only had fire and earthquake drills  
2-11 Reply 145  
View 6 replies

Kyle | Growth Marketing & AI  
I'm too old, we only had earthquake and fire drills in the early 2000s  
2-20 Reply 1

Add comment... @ 😊 Post

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645793](#)

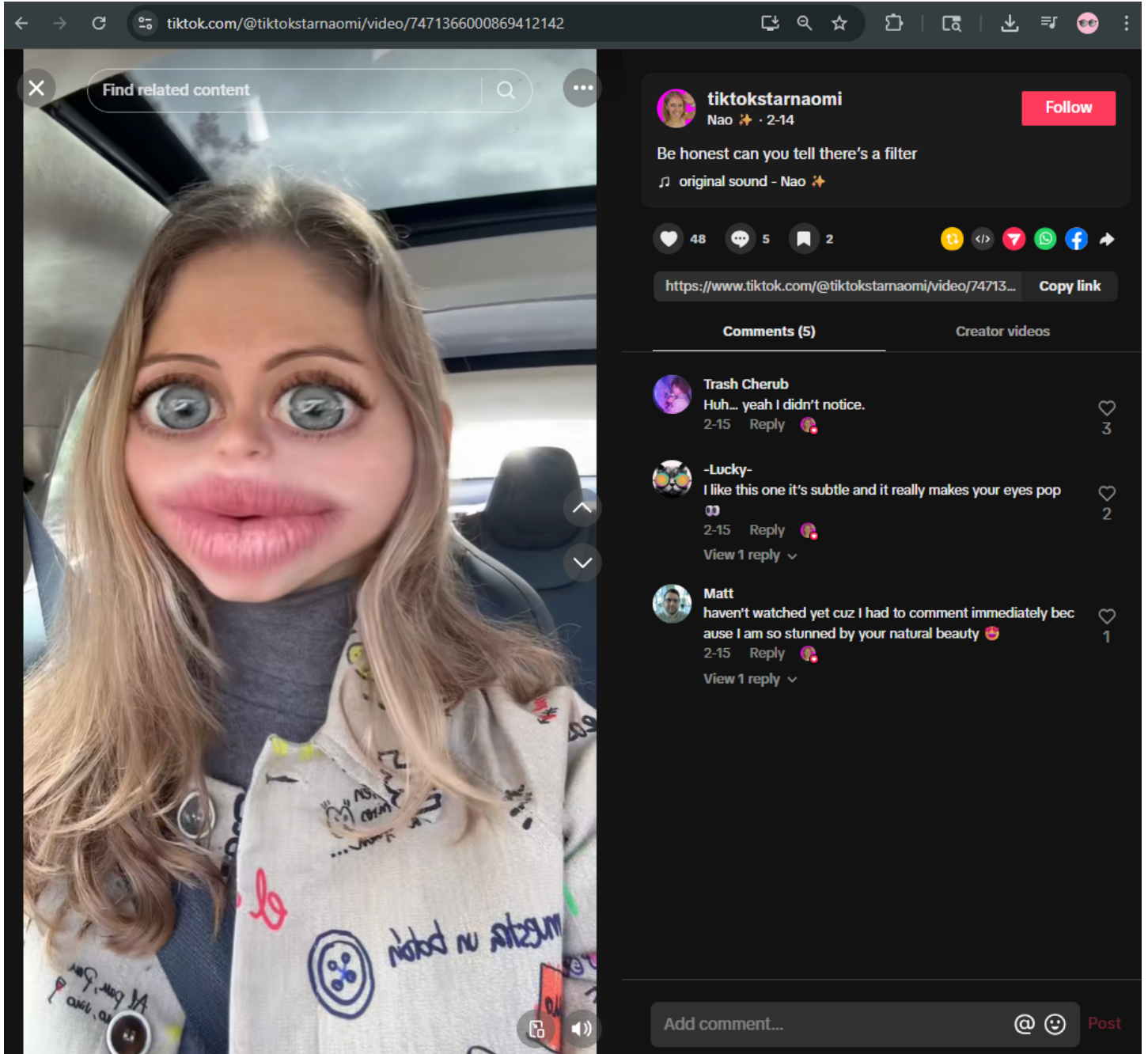
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7471366000869412142>

*After DOI*

Recorded herself talking while she was driving "Be honest can you tell there's a filter"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 17, 2025

System ID: [645795](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7472580431813233966>

*After DOI*

Seen walking and mentioned Las Vegas "Narrator: Yep, that's me. You're probably wonderin how I ended up in this mess. #vegas"

0

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 18, 2025

System ID: [645797](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7472622127682899246>

*After DOI*

Talked about how she had gotten ready and walked to the gym before she realized it was closed "a PR one might say #gymtok"




← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7472622127682899246 📄 🔍 ⬇️ 📄 📄 📄 📄 📄

✕

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
⋮



Why intent matters more than impact!!!

⏮ ⏭ ⏩

📄 🔊



**tiktokstarnaomi**  
Nao 🌟 · 2-18

Follow

a PR one might say #gymtok

🎵 original sound - Nao 🌟

❤️ 82

💬 3

📄 2

🔔

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🟢

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➦


https://www.tiktok.com/@tiktokstarnaomi/video/74726... Copy link

Comments (3) Creator videos




**practicingwild**  
Taking a walk is a workout 🤔  
2-18 Reply 🌟

❤️ 8



**Ben**  
Promises made, promises kept 🌟  
2-18 Reply 🌟

❤️ 3



**Blink!**  
Ur glowing like you just got a workout too! 🥰  
2-18 Reply 🌟

❤️ 2

Add comment...

@ 😊

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 18, 2025

System ID: [645799](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7472964971652042027>

*After DOI*

"I can email you the Anki cards if you want them!!! Lmk! #businessschool #gre #gmat #stanford #mba #application"

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7472964971652042027 📷 🔍 ⭐ 📄 📄 📄 📄 📄 📄 📄 📄 📄 📄

✕


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
⋮

# GRE vs GMAT

## & specific test advice!!

-Stanford MBA Student



**tiktokstarnaomi**  
Nao 🌟 · 2-18

Follow

I can email you the Anki cards if you want them!!! Lmk!  
#businessschool #gre #gmat #stanford #mba #application

🎵 original sound - Nao 🌟

📍 Stanford University · Palo Alto

👍 2461

💬 135

📄 1631

🔗

📺

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
📺


📺


<https://www.tiktok.com/@tiktokstarnaomi/video/7472...> **Copy link**


Comments (135)


Creator videos


**Millie** ❤️  
Would love the Anki Flashcards!  
8-26 Reply

**Nelentu2**  
I wish i knew this...LOL GMAT quant is definitely more difficult. But when you once prepare for the GMAT you already covered the most part!  
2-27 Reply

**deanna**  
Hi I would love the anki deck!! Thanks sm  
2-28 Reply  
View 1 reply

**Vanya Jain**  
Hi anki cards pls?  
8-16 Reply

**\_jegna**  
Hiiii! Thanks so much for the insights, please send over those Anki cards. Thank youuu ❤️  
8-12 Reply

**Shreya Kaza**  
Would love the anki cards!!  
2-23 Reply

Add comment...

@ 😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 20, 2025

System ID: [645801](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7473521224660929835>

*After DOI*


Seen with a drink in Santiago, Chile; mentioned she took a 17-hour plane flight alone for a friend's wedding  
"No words for how grateful I am #wedding #santiago #bestfriend"

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7473521224660929835 📄 🔍 ⭐ 📁 📄 📄 📄 📄 📄 📄 📄

✕


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⋮



⏮ ⏪ ⏩ ⏭

📄 🔊

**tiktokstarnaomi**  
Nao 🌟 · 2-20

Follow

No words for how grateful I am #wedding #santiago #bestfriend

🎵 original sound - Nao 🌟

📍 Santiago

❤️ 93 💬 15 📄 2

🔗 </> 📄 📄 📄 📄 📄

<https://www.tiktok.com/@tiktokstarnaomi/video/74735...> Copy link

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# TikTok

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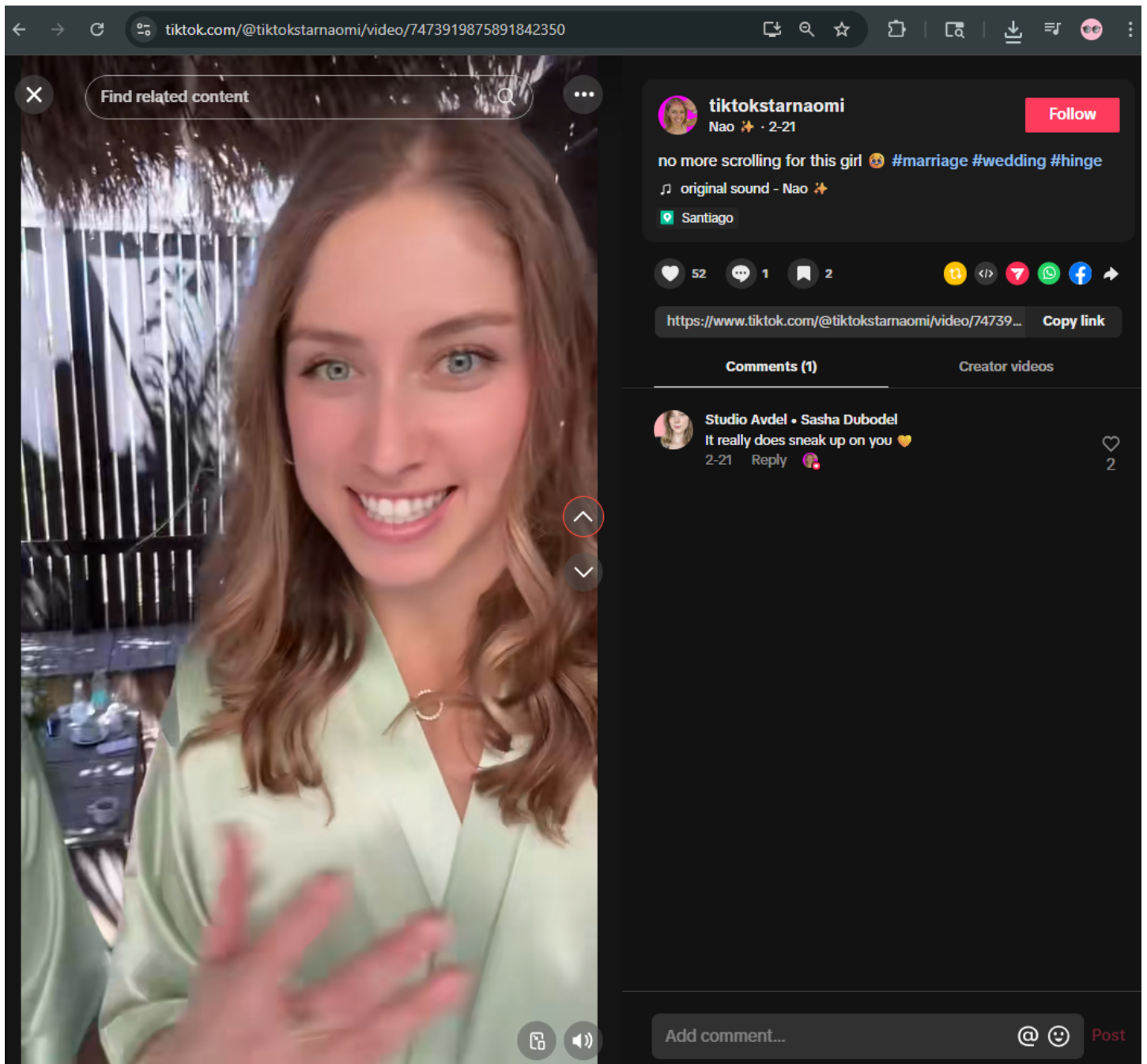
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7473919875891842350>

*After DOI*

"no more scrolling for this girl ☑️ #marriage #wedding #hinge"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645803](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7474431679713725742>

*After DOI*

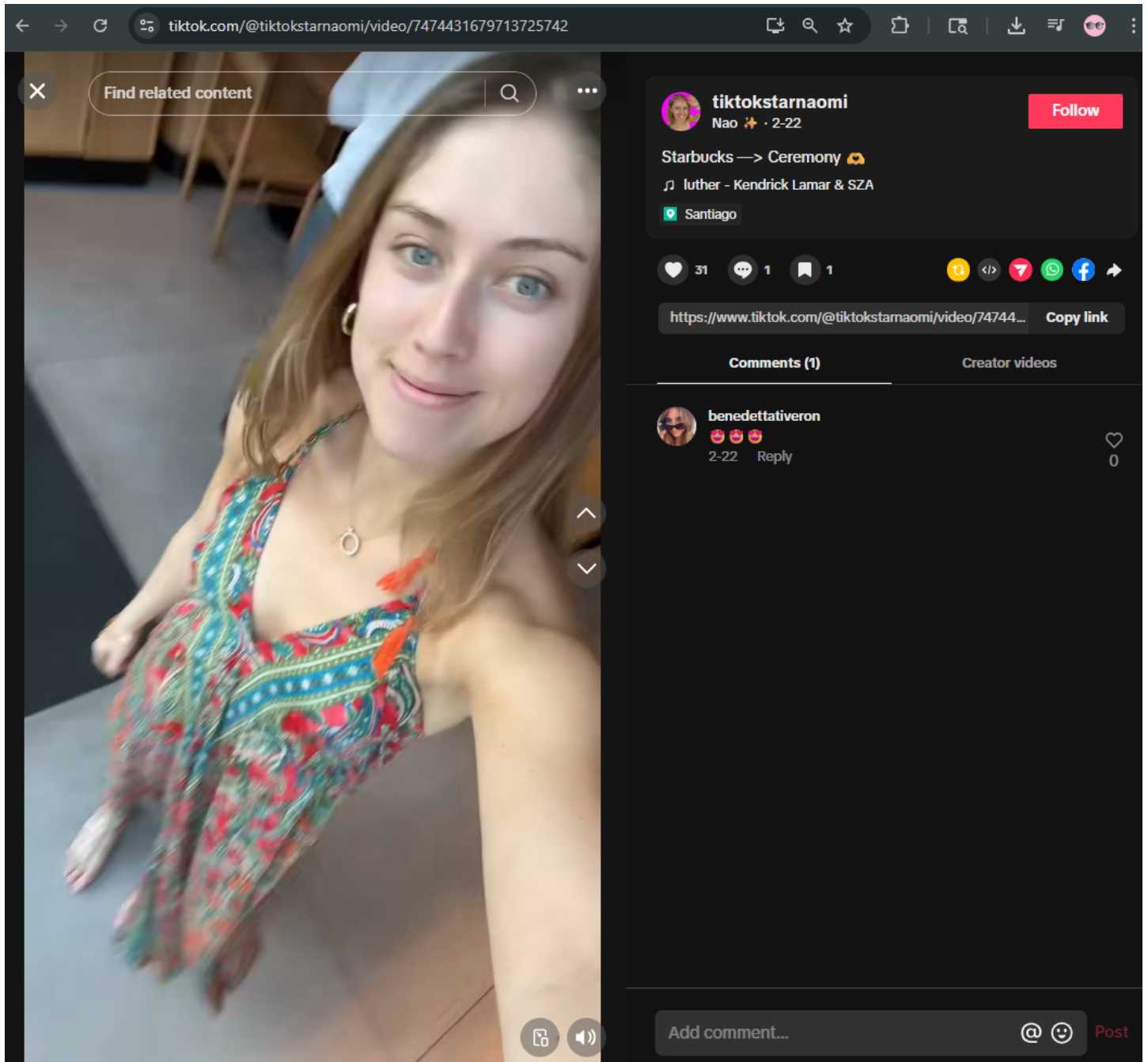
"Starbucks → Ceremony ☐"



Posted: Feb 22, 2025



Captured: Sep 23, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645804](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7474648732156431659>

*After DOI*

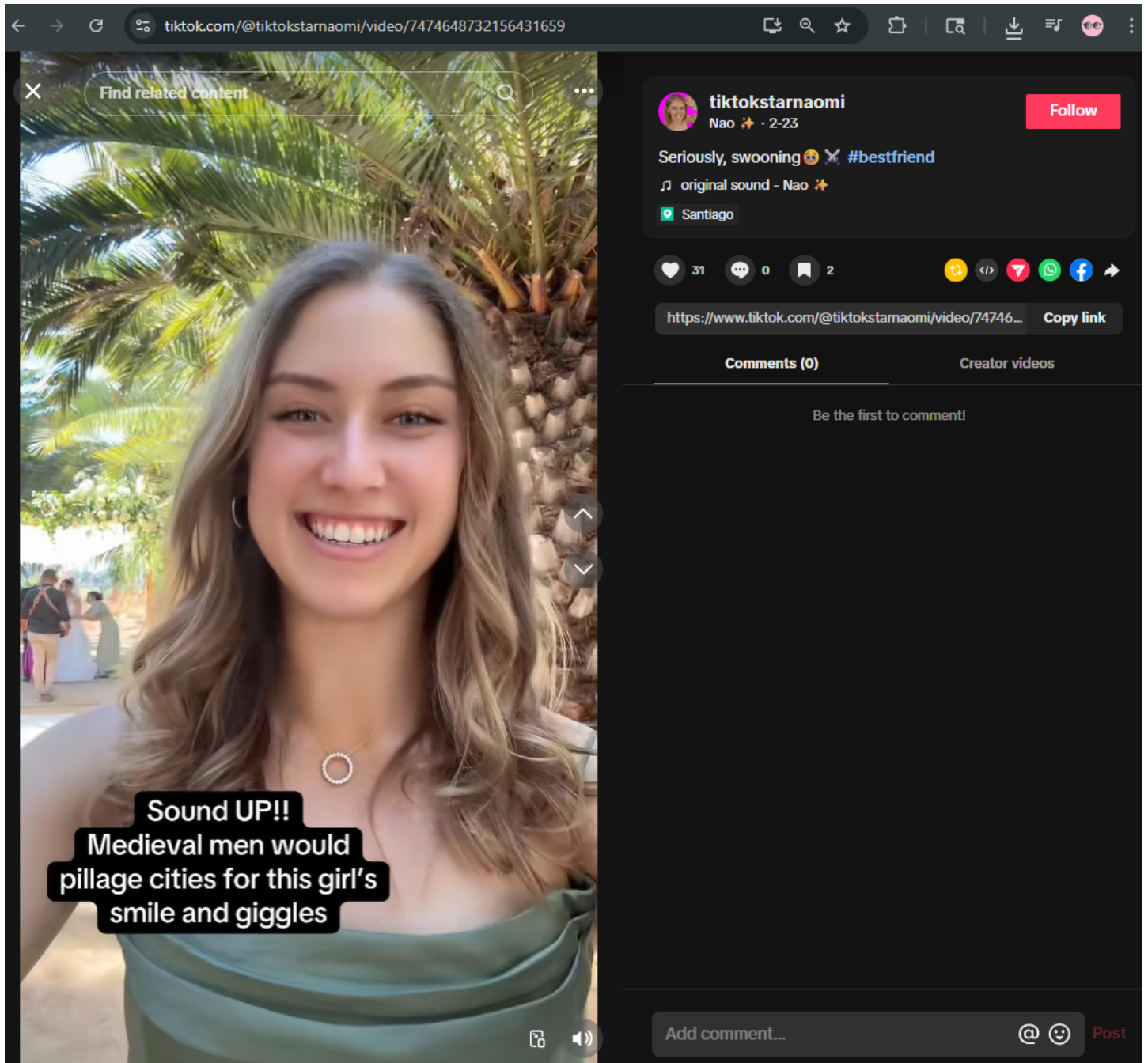
"Seriously, swooning☺ #bestfriend"



Posted: Feb 23, 2025



Captured: Sep 23, 2025



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 24, 2025

System ID: [645805](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7474907495757139243>

*After DOI*

"Trying to address the lack of relatable but engaging professional content. Do you agree with my take here?  
#professionalwomen #stanfordgsb #contentcreation #corporate"

tiktok.com/@tiktokstarnaomi/video/7474907495757139243

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X

Find related content

Q

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179

12

25

🔔

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🔗

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📧

📧

📧

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Creator videos

user968589649344

What is this an application for? Flexing about growing up i n the Bay Area and working at bcg doesn't say anything a bout you

2-24

Reply

View 1 reply

6

Kayley Shomers

My fyp is a lot of consulting, tech & mba. I feel like it's har d to talk about your job online without crossing some IP or NDA lines. That's why content is mostly interview prep/pro motion tips

2-27

Reply

2

K.B.

damn girl, good for you

2-24

Reply

1

j\_storrs

Give her the job!!!

2-25

Reply

2

Yeez

Add comment...

@

😊

Post

179

12

25

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https://www.tiktok.com/@tiktokstarnaomi/video/7474...

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Comments (12)

Creator videos

user968589649344

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2-27

Reply

2

K.B.

damn girl, good for you

2-24

Reply

1

j\_storrs

Give her the job!!!

2-25

Reply

2

Yeez

Add comment...

@

😊

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645807](#)

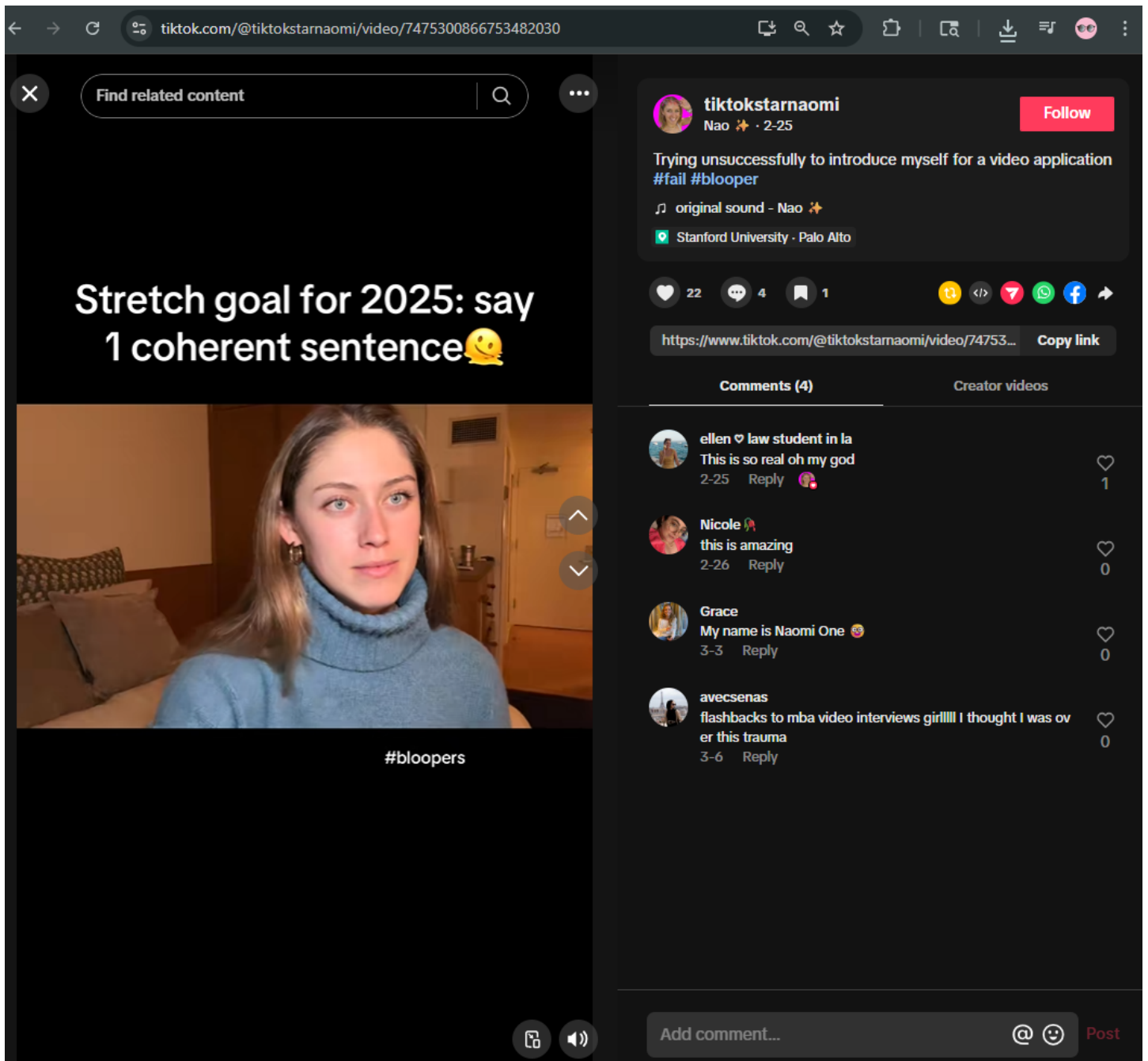
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7475300866753482030>

*After DOI*

"Trying unsuccessfully to introduce myself for a video application #fail #bloopers"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 26, 2025

System ID: [645809](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7475870889020788014>

*After DOI*

"Replying to @Evangeline here's a video about what I got on the GRE and how to think about it! #GRE  
#MBA #GMAT #STANFORD"



Find related content

Stanford MBA Student  
GRE score & opinion  
on how you should  
think about it

Reply to Evangeline's comment  
Plz talk about link  
score and what is  
considered competitive.  
I'm considering take the  
exam as well

178

12

59

original sound - Nao

Stanford University · Palo Alto

178

12

59

https://www.tiktok.com/@tiktokstarnaomi/video/7475...

Copy link

Comments (12)

Creator videos

mmmmsumpin

A competitive score is not "super personal to the individua  
l". You know that's not true. A competitive score at GSB is  
167+ in both verbal and quant

2-26

Reply

View 2 replies

Ben

Nao gives gr8 gre advice can confirm

2-27

Reply

Evangeline

thank you!

2-26

Reply

Lauren

What made your application strong outside of the GRE sco  
re?

3-8

Reply

Rachel Hartfield

Hi! I was wondering if you could share your anku cards wit  
h me please?

Add comment...

@

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645811](#)

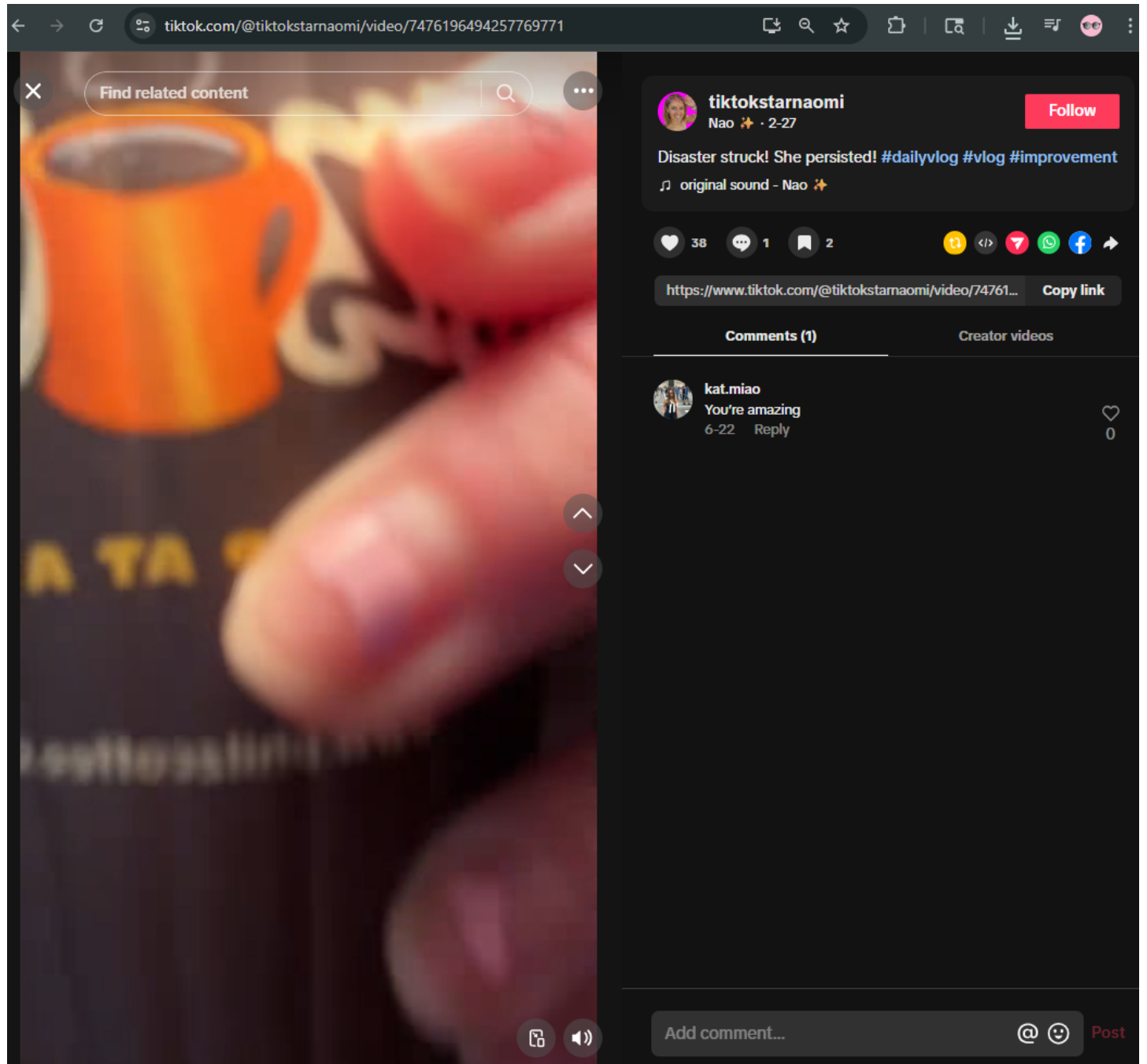
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7476196494257769771>

*After DOI*

"Disaster struck! She persisted! #dailyvlog #vlog #improvement"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Feb 28, 2025

System ID: [645812](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7476672419223047467>

*After DOI*

"What 1% of actions can change 99% of your life? #success #college #career #improvement #stanford #mba #selfhelp"

tiktok.com/@tiktokstarnaomi/video/7476672419223047467

Find related content

The #1 trick on how to be successful that nobody talks about

tiktokstarnaomi  
Nao · 2-28

Follow

What 1% of actions can change 99% of your life? #success #college #career #improvement #stanford #mba #selfhelp

original sound - Nao

Stanford University · Palo Alto

405 25 113

https://www.tiktok.com/@tiktokstarnaomi/video/7476... Copy link

Comments (25) Creator videos

Lucia  
Love this!  
2-28 Reply 2

qianqianapril  
Absolutely agreed thank you for sharing!  
4-14 Reply 0

Vaishnavi | building khaa-lo  
Yes my dad always gave me this advice and tbh the secret sauce as a founder!!  
3-1 Reply 3

ash.infashion  
absolutamente  
3-1 Reply 0

mario mx  
Great share!!  
3-1 Reply 0

Kevin  
100% agree.  
2-28 Reply 1

kate  
where's your necklace from?!

Add comment... @ Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 01, 2025

System ID: [645814](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7477028372951026990>

*After DOI*

Seen standing/moving while talking "Does anyone have Costco recs that I didn't get? #chatgpt #ai #cleaneating #groceries #mealprep #food"

Find related content

How to use ChatGPT to create recipes after a huge grocery haul

50

4

8

https://www.tiktok.com/@tiktokstarnaomi/video/7477028372951026990

Copy link

Comments (4)

Creator videos

Nicole

try out first the desire/instruction, then context, and then the details/specifics of instructions! see if it comes out with more specific recipes

3-2

Reply

View 1 reply

wildwesterner

Niceeee

3-2

Reply

Joseph Warner111

can CHATGPT PULL up Betty Crocker cookbook. it gives you a list of what can be substituted for other items. Why go to Costco or Sam's. I not going to bake 20 apple pies.

3-2

Reply

Add comment...

@

Post

tiktokstarnaomi

Nao

Follow

Does anyone have Costco recs that I didn't get? #chatgpt #ai #cleaneating #groceries #mealprep #food

original sound - Nao

Stanford University · Palo Alto

50

4

8

https://www.tiktok.com/@tiktokstarnaomi/video/7477028372951026990

Copy link

Comments (4)

Creator videos

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3-2

Reply

View 1 reply

wildwesterner

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3-2

Reply

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3-2

Reply

Add comment...

@

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646119](#)

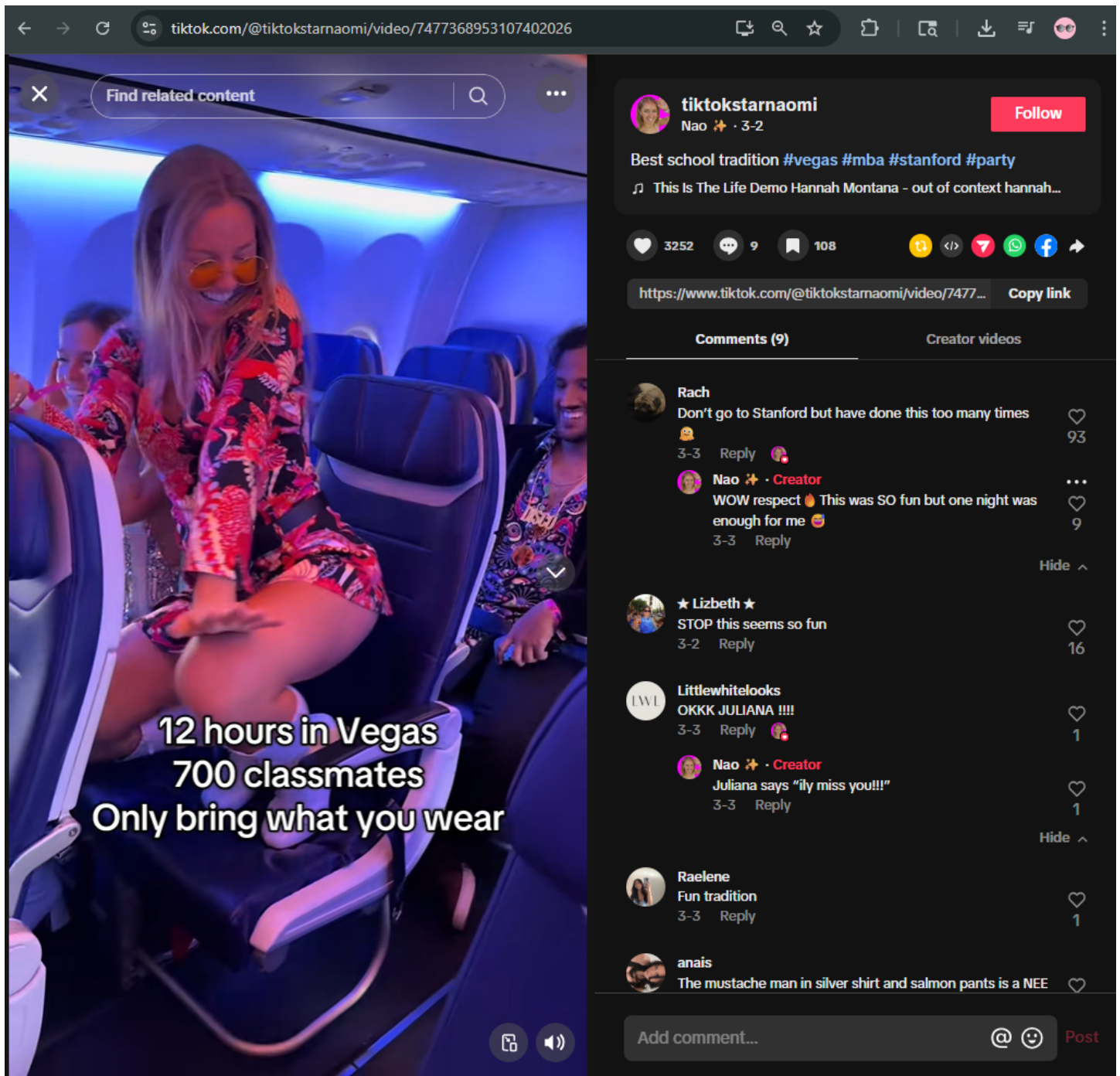
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7477368953107402026>

*After DOI*

Partied with her classmates in Las Vegas, Nevada "Best school tradition #vegas #mba #stanford #party"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 03, 2025

System ID: [645815](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7477681912031743278>

*After DOI*

"There are more ways too but this was what came to mind!! #contentcreator #postingdaily #lifestyle #mba #tips"

Find related content

3 unexpected ways that content creation is changing my life

57

6

7

Copy link

Comments (6)

Creator videos

International Party Girl

This is how I feel about doing fit checks everyday. It's a documenting my life the way I live it. Create new internal challenge to see where I'll be next. Love!!!

3-3

Reply

3

Imsolamedude

A lot of folks say the hate comments don't affect them after doing this daily. Has that been your experience? Sorry, it's a presumption, but it's the internet and people can b haterz

3-3

Reply

View 1 reply

1

Paige Arnold

Love that! For me it's helped me not give a fudgeeeeee what people think

3-3

Reply

View 1 reply

1

kat.miao

So well said. Supporting you the whole way

3-4

Reply

1

Add comment...

@

Post

tiktok.com/@tiktokstarnaomi/video/7477681912031743278

tiktokstarnaomi

Nao · 3-3

Follow

There are more ways too but this was what came to mind!!

#contentcreator #postingdaily #lifestyle #mba #tips

original sound - Nao

Stanford University · Palo Alto

57

6

7

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https://www.tiktok.com/@tiktokstarnaomi/video/74776...

3 unexpected ways that content creation is changing my life

57

6

7

Copy link

https://www.tiktok.com/@tiktokstarnaomi/video/74776...

Comments (6)

Creator videos

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View 1 reply

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View 1 reply

1

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Reply

1

Add comment...

@

Post

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# TikTok

[@tiktokstarnaomi](#)

System ID: [646107](#)

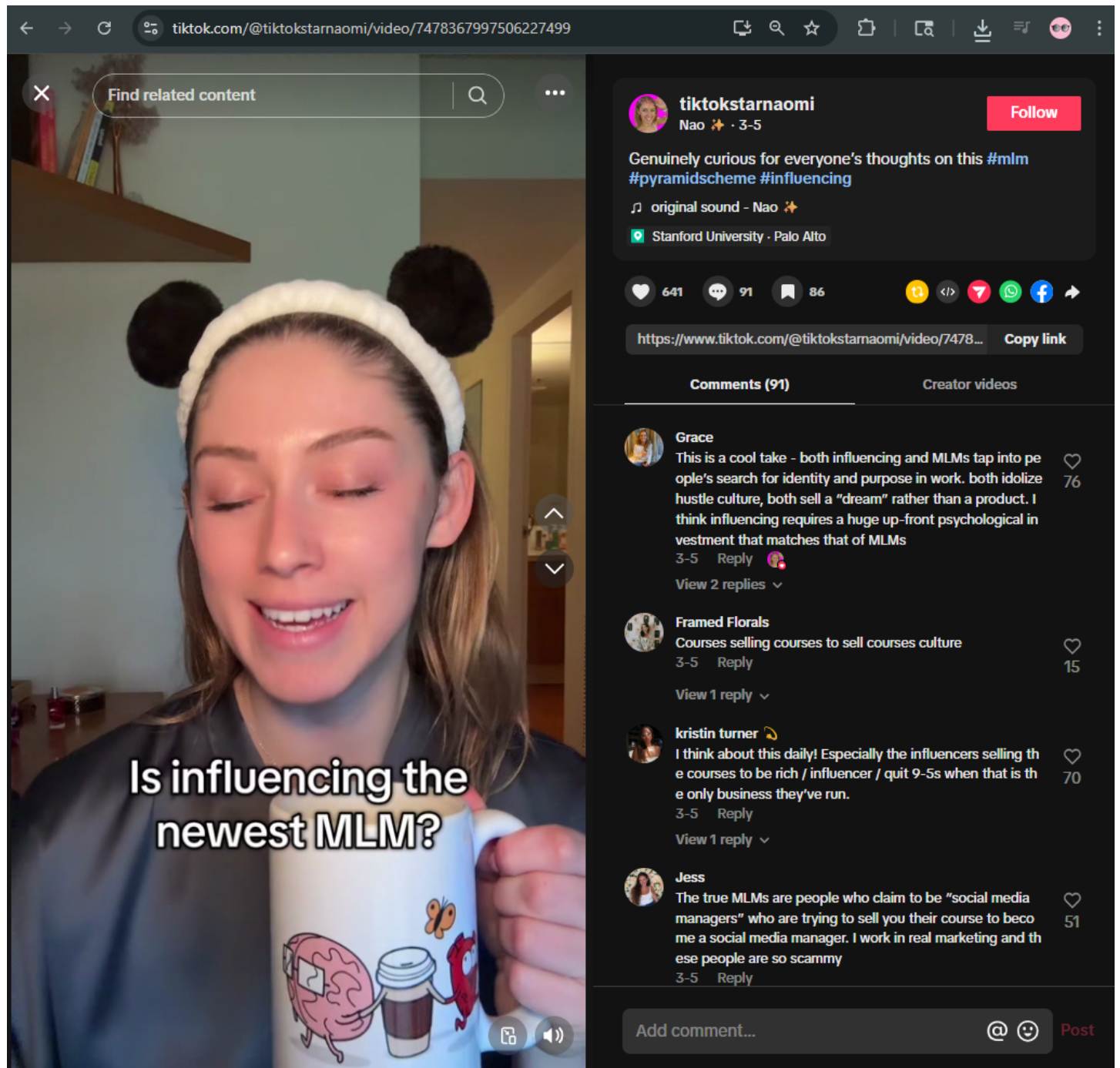
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7478367997506227499>

*After DOI*

"Genuinely curious for everyone's thoughts on this #mlm #pyramidscheme #influencing"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 05, 2025

System ID: [645817](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7478206731777232174>

*After DOI*

Clips of her lying in bed, jumping, walking, at a restaurant; included a clip of an associate at a trampoline park "Really giving myself room for growth on this one" #dayinmylife #stanford #mba #growthmindset #fail"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 06, 2025

System ID: [645819](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7478856237380308267>


*After DOI*

Seen walking "Sorry for my rabid eyes I'm still learning" #dating #single #genz #millenial #aging  
#struggle"



Find related content



**tiktokstarnaomi**  
Nao · 3-6

Follow

Sorry for my rabid eyes I'm still learning 🙏 #dating #single #genz #millenial #aging #struggle

🎵 original sound - Nao 🌟

122

17


7


https://www.tiktok.com/@tiktokstarnaomi/video/7478...


Copy link


Comments (17)


Creator videos


**Chris G**  
wait till 30 and no one'll look like what you want  
3-7 Reply

**some user**  
you're so pretty  
3-7 Reply

**Britt**  
late 20 isn't old  
3-6 Reply  
View 5 replies

**teeana** ur fav hot yoga teacher  
Literally yes bc why is everyone asking me my age now... li  
ke almost every new person I meet  
3-11 Reply

**Shavedheadguy79**  
This is irrelevant but you would look amazing with strawbe  
rry highlights 🍓  
3-7 Reply

**Nao** · Creator  
Ooooh will look into it, thank you!  
3-8 Reply

Hide

Add comment...

@ 😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 07, 2025

System ID: [645821](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7479237492026199342>

*After DOI*

"Another take on my influencer series! What do you think? #authentic #influencer #mba #stanford #marketing #grwm"

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7479237492026199342 📄 🔍 ☆ 📁 📄 📄 📄 📄 📄 📄 📄 📄

✕ Find related content 🔍 ⋮

🔍 🔊 🔍

**tiktokstarnaomi**  
Nao 🌟 · 3-7 Follow

Another take on my influencer series! What do you think?  
#authentic #influencer #mba #stanford #marketing #grwm

🎵 original sound - Nao 🌟

📍 Stanford University · Palo Alto

❤️ 33 💬 15 📄 5 🔄 </> 📄 📄 📄 📄 📄

<https://www.tiktok.com/@tiktokstarnaomi/video/7479...> Copy link

Comments (15)

Creator videos

**aosdays**  
I did a bit of an experiment on that and changed my algorithm to more everyday people. I think authentic content has shifted its definition from genuine to traditional content style.  
3-7 Reply 📄  
View 4 replies ▾

**Grace**  
Can you borrow some engagement techniques from "non-authentic" videos?  
Your takes are so good, but they are inherently long form. When you're up against Mr beast who pushes shock content, jump cuts, he is rewarded by Tt's algorithm. Demand from viewers might exist, but they aren't used to long...more  
3-8 Reply 📄  
View 1 reply ▾

**SJ 소정**  
not related but your lashes and that mascara look so good  
3-10 Reply 📄  
View 1 reply ▾

**Simone Merotto**  
First  
3-7 Reply

Add comment...

@ 😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645825](#)

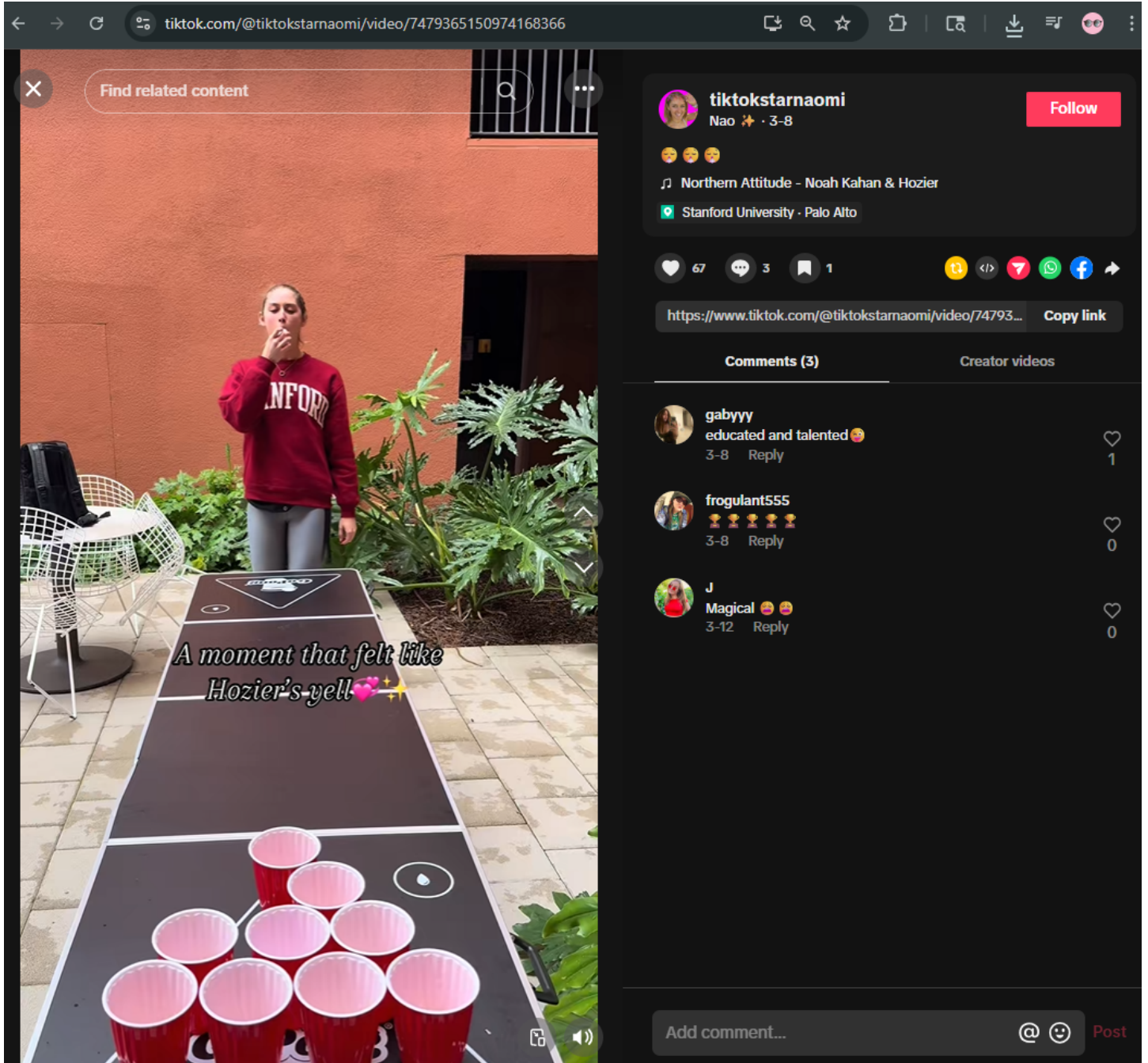
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7479365150974168366>

*After DOI*

While playing Beer pong, she shot the ball out of her mouth and threw her hands up in celebration "□□□□□□"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 09, 2025

System ID: [645830](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7479901134962986286>

After DOI

"Do you agree or disagree?" #linkedin #professional #tiktok #mba #career #influencer #socialmedia #hottake #brand"




← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7479901134962986286 📄 🔍 ☆ 📄 🔍 📄 📄 📄 📄 📄 📄

✕


Find related content 🔍

⋮

Why TikTok is the new LinkedIn – and why you should care



📄 🔊

 **tiktokstarnaomi**  
Nao 🌟 · 3-9

Follow

Do you agree or disagree? 🤔 #linkedin #professional #tiktok #mba #career #influencer #socialmedia #hottake #brand

🎵 original sound - Nao 🌟

📍 Stanford University · Palo Alto

👍 51

💬 4

🗨️ 8

🔔

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📄

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📄


<https://www.tiktok.com/@tiktokstarnaomi/video/74799...> **Copy link**


Comments (4)

Creator videos

 **Career with Shab**  
Definitely. LinkedIn is insufferable lately - and this is from so meone who generates a lot of business on LI.  
3-9 Reply

 **SJ 소정**  
Love this take, I totally agree!!  
3-9 Reply

 **Cherie Coco**  
I love this take!  
3-9 Reply

 **J**  
This is so interesting! Really good take  
3-12 Reply

Add comment...

@ 😊

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 09, 2025

System ID: [645832](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7479953192076250411>

*After DOI*

Seen working out at a gym "It's the price of fame I fear #gym #stretch #influencer #fitness #weights #comedy"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645869](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7480360379147816238>

*After DOI*

Seen walking "Hot take but I stand by this #fitness #gym #influencer #fit #fad #diet #trend #hottake"

[illegible]

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 10, 2025

System ID: [645836](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7480175128081485098>

*After DOI*

"Video diary. Would love some young 30s women to lmk how these next years are going to go. #aging  
#existential #5yearplan #single #kids #youngwoman #20s #30s"

Find related content

Existential reflections about turning 28

51

10

9

San Francisco

https://www.tiktok.com/@tiktokstarnaomi/video/7480175128081485098

Copy link

Comments (10)

Creator videos

Andrea A.

Totally - at 28, I met and started dating my husband. Married him at 29. And had a kid at 31 (almost 32). 33 was pregnant and had my second at 34. Graduated law school at 29, became a lawyer, etc.

3-10

Reply

View 3 replies

samantha hur

don't put too much of ur dreams into marriage & kids, yes it will happen for u & it will be amazing. But it's also going to be hard & shitty. Set realistic expectations.

3-10

Reply

View 1 reply

avecsenas

30s here. Wrapped up MBA two years ago. No kids. Don't think about timelines — enjoy every day you've got. Keep building, growing, loving the process as it is. :)

3-10

Reply

Nao

Smh I hate these captions but everyone said I needed them. How do I make them less insane???

3-10

Reply

Add comment...

@

Post

Follow

Video diary. Would love some young 30s women to lmk how these next years are going to go. #aging #existential #5yearplan #single #kids #youngwoman #20s #30s less

original sound - Nao

San Francisco

51

10

9

https://www.tiktok.com/@tiktokstarnaomi/video/7480175128081485098

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Comments (10)

Creator videos

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3-10

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3-10

Reply

Add comment...

@

Post

[Link to download video](https://www.tiktok.com/@tiktokstarnaomi/video/7480175128081485098)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645875](#)

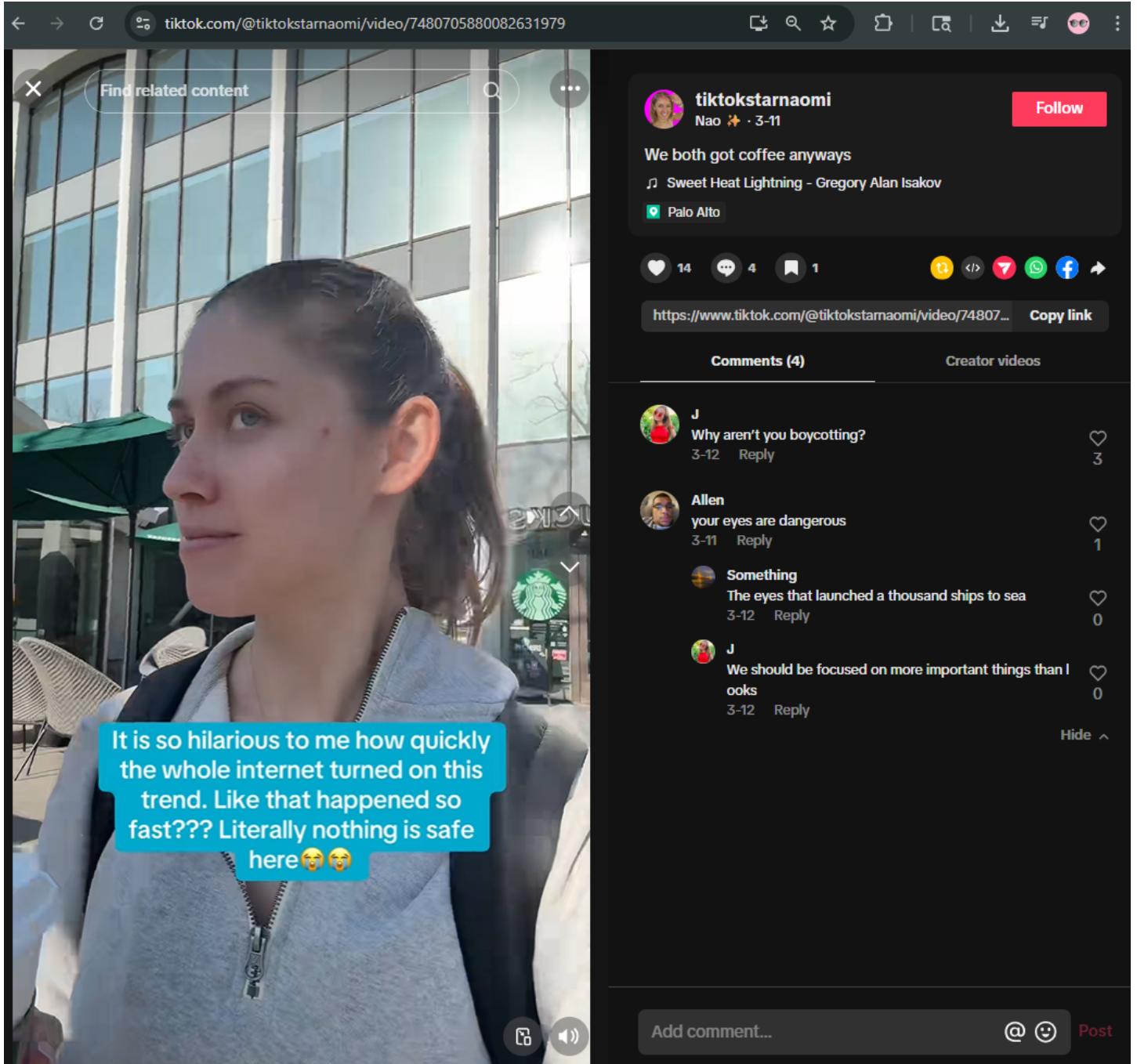
Naomi Ellen Baer

↗

<https://www.tiktok.com/@tiktokstarnaomi/video/7480705880082631979>

*After DOI*

Seen walking in Palo Alto, California "We both got coffee anyways"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 11, 2025

System ID: [645871](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/photo/7480401225444265258>

*After DOI*

Showed her outfits from Coachella Festival 2019, 2022, 2023, & 2024; she was seen sitting and standing, including on one leg with the other in the air "Coachella outfit inspo OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss Anyways, here's a compilation of my outfits throughout the years. I ranked them in descending order, which I realize is annoying, but hey I don't make the algorithm. If you're displeased, consider submitting a formal complaint to TikTok about their algorithm incentivizing Clickbait content rather than taking it out on me (I'm just a girl, etc etc). FWIW I'm 5'8 and a bit broader than average, and I'm definitely not stick thin... so hopefully these looks are not intimidating? I'm by no means pretending to be a fashion icon, but I'd say these were typical festival vibes and I looked ~respectably~ on theme. Okay that's all. See you in the desert #coachella #festival #outfits"

tiktok.com/@tiktokstarnaomi/photo/7480401225444265258

Find related content

Coachella Style Guide:  
4 years of my Coachella outfits (by a realistic-body LA girl who goes to too many festivals👉)

Outfits ranked from least to most favorite

↑

↓

tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👉

Anyways, here's a compilation of my outfits throughout the years. I ranked them in descending order, which I realize is annoying, but hey I don't make the algorithm. If you're displeased, consider submitting a formal complaint to TikTok about their algorithm incentivizing Clickbait content rather than taking it out on me (I'm just a girl, etc etc 🤔).

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Okay that's all. See you in the desert 🌵

#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

❤️ 11

💬 4

📌 1

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https://www.tiktok.com/@tiktokstarnaomi/photo/748...

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Comments (4)

Creator videos

Nao · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11

Reply

0

Grace

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@

😊

Post

**tiktokstarnaomi**

Nao 🌟 · 3-11

**Follow****Coachella outfit inspo**

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🥰👉👉

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Okay that's all. See you in the desert 🥰

#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar



11



4



1

<https://www.tiktok.com/@tiktokstarnaomi/photo/748...>**Copy link****Comments (4)**

Creator videos

**Nao** 🌟 · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11 Reply



0

**Grace**

I LOVE THE FACE BRAIDS I am stealing that idea!!



Add comment...

**Post**



Nao 🌟 · 3-11

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#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

 11
  4
  1
 






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### Comments (4)

### Creator videos



So apparently I cannot spell or quality check before posting. g. Alas!

3-11 Reply



**Grace**  
I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...





Find related content

2022. Laziest fit but imo still cute. Blue Zara sundress. Gold fanny again. Space buns bc those were in at the time.

#6

tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👈

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#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

❤️ 11

💬 4

📌 1

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📧

🔗

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Copy link

Comments (4)

Creator videos

Nao · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11 · Reply

Grace

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Add comment...

@ 🗨️

Post

2022. Laziest fit but imo still cute. Blue Zara sundress. Gold fanny again. Space buns bc those were in at the time.

#6

tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👈

Anyways, here's a compilation of my outfits throughout the years. I ranked them in descending order, which I realize is annoying, but hey I don't make the algorithm. If you're displeased, consider submitting a formal complaint to TikTok about their algorithm incentivizing Clickbait content rather than taking it out on me (I'm just a girl, etc etc 🥰).

FWIW I'm 5'8 and a bit broader than average, and I'm definitely not stick thin... so hopefully these looks are not intimidating? I'm by no means pretending to be a fashion icon, but I'd say these were typical festival vibes and I looked ~respectably~ on theme.

Okay that's all. See you in the desert 🌵

#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

❤️ 11

💬 4

📌 1

🔗

📷

📺

📘

📧

🔗

https://www.tiktok.com/@tiktokstarnaomi/photo/748...

Copy link

Comments (4)

Creator videos

Nao · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11 · Reply

Grace

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@ 🗨️

Post







Follow

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlessssss 🤔👉👉

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#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

 11
  4
  1
 








<https://www.tiktok.com/@tiktokstarnaomi/photo/748...> **Copy link**

### Comments (4)


### Creator videos



**Nao** 🌟 - Creator

So apparently I cannot spell or quality check before postin  
g. Alas!

3-11   Reply



**Grace**

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@ 😊 Post

tiktok.com/@tiktokstarnaomi/photo/7480401225444265258


Find related content

Q

...

2023. Lowkey day. Silky Amazon backless tank with white denim shorts

#3



tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👈

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#coachella #festival #outfits


less

🎵 peekaboo - Kendrick Lamar

11

4

1



https://www.tiktok.com/@tiktokstarnaomi/photo/748...

Copy link

Comments (4)

Creator videos

Nao · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11

Reply

Grace

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@

😊

Post



## #2

Nao ✨ · 3-11

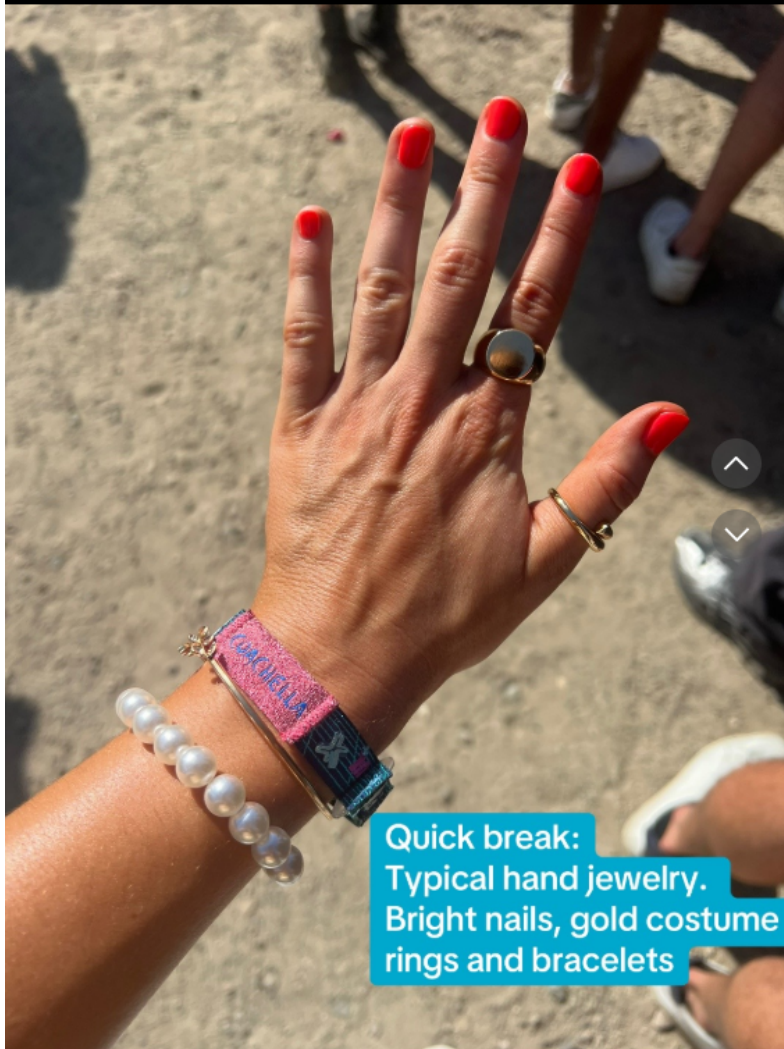


tiktok.com/@tiktokstarnaomi/photo/7480401225444265258


Find related content

Q

...



Quick break:  
Typical hand jewelry.  
Bright nails, gold costume  
rings and bracelets



tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👉

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Okay that's all. See you in the desert 🤔

#coachella #festival #outfits

less


🎵 peekaboo - Kendrick Lamar

11 4 1

<https://www.tiktok.com/@tiktokstarnaomi/photo/748...> Copy link

Comments (4)


Creator videos



Nao · Creator

So apparently I cannot spell or quality check before postin g. Alas!

3-11 Reply



Grace

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@ 🤔

Post





Find related content

So you can see the full outfit!!! I wish I could rewear this fit every day🥹

#1

tiktokstarnaomi

Nao · 3-11

Follow

Coachella outfit inspo

OKAY I'll admit it. I've been to Coachella 4 times. Every year I'm convinced it's my last year...but then in January when tickets go on sale, I'm like... unlesssss 🤔👉👈

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#coachella #festival #outfits

less

🎵 peekaboo - Kendrick Lamar

11

4

1

https://www.tiktok.com/@tiktokstarnaomi/photo/748...

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Comments (4)

Creator videos

tiktokstarnaomi

Nao · 3-11

So apparently I cannot spell or quality check before posting. Alas!

3-11

Reply

Grace

I LOVE THE FACE BRAIDS I am stealing that idea!!

Add comment...

@

Post

Link to download video



# TikTok

[@tiktokstarnaomi](#)

System ID: [645874](#)

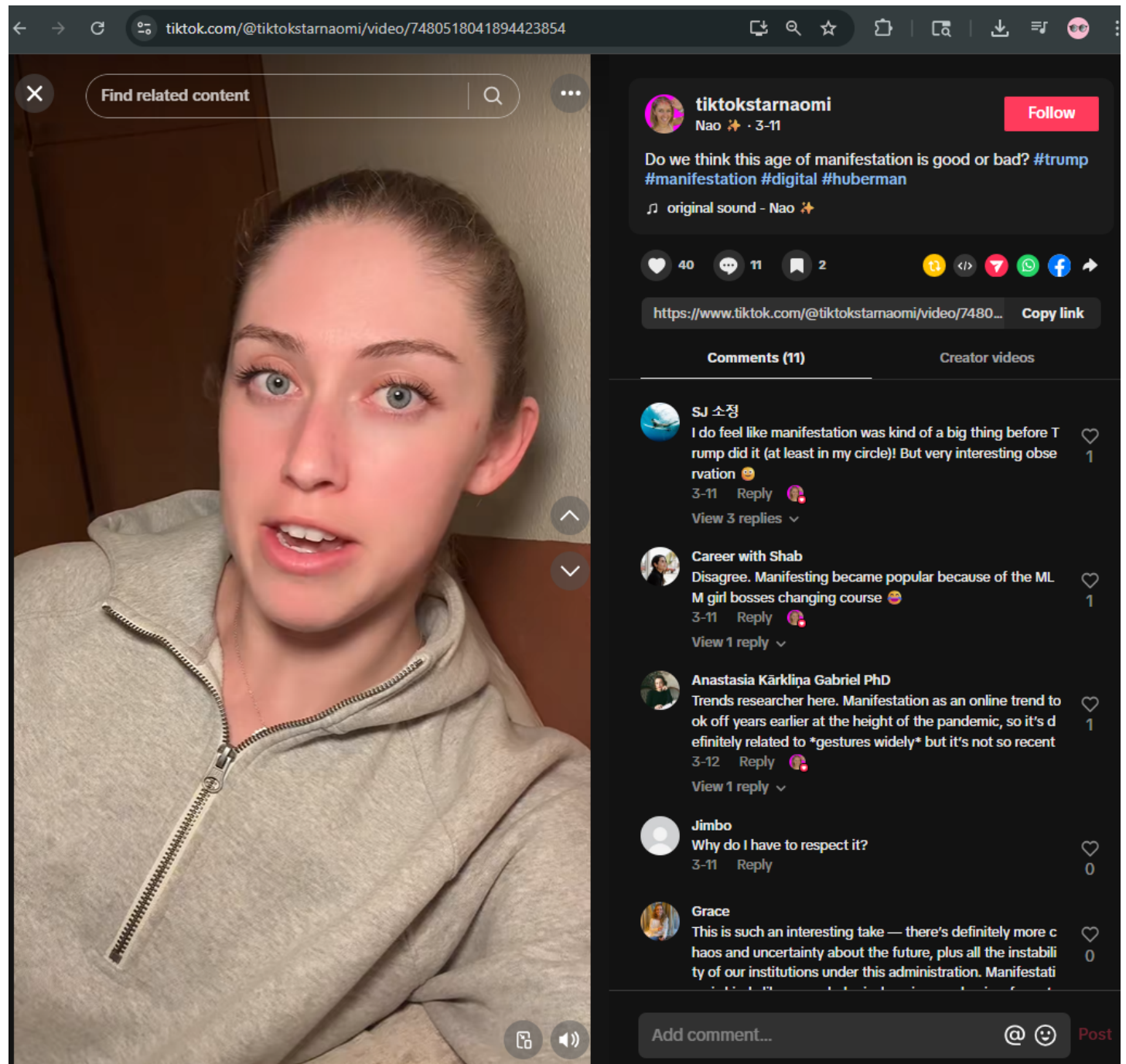
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7480518041894423854>

*After DOI*

"Do we think this age of manifestation is good or bad? #trump #manifestation #digital #huberman"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645877](#)

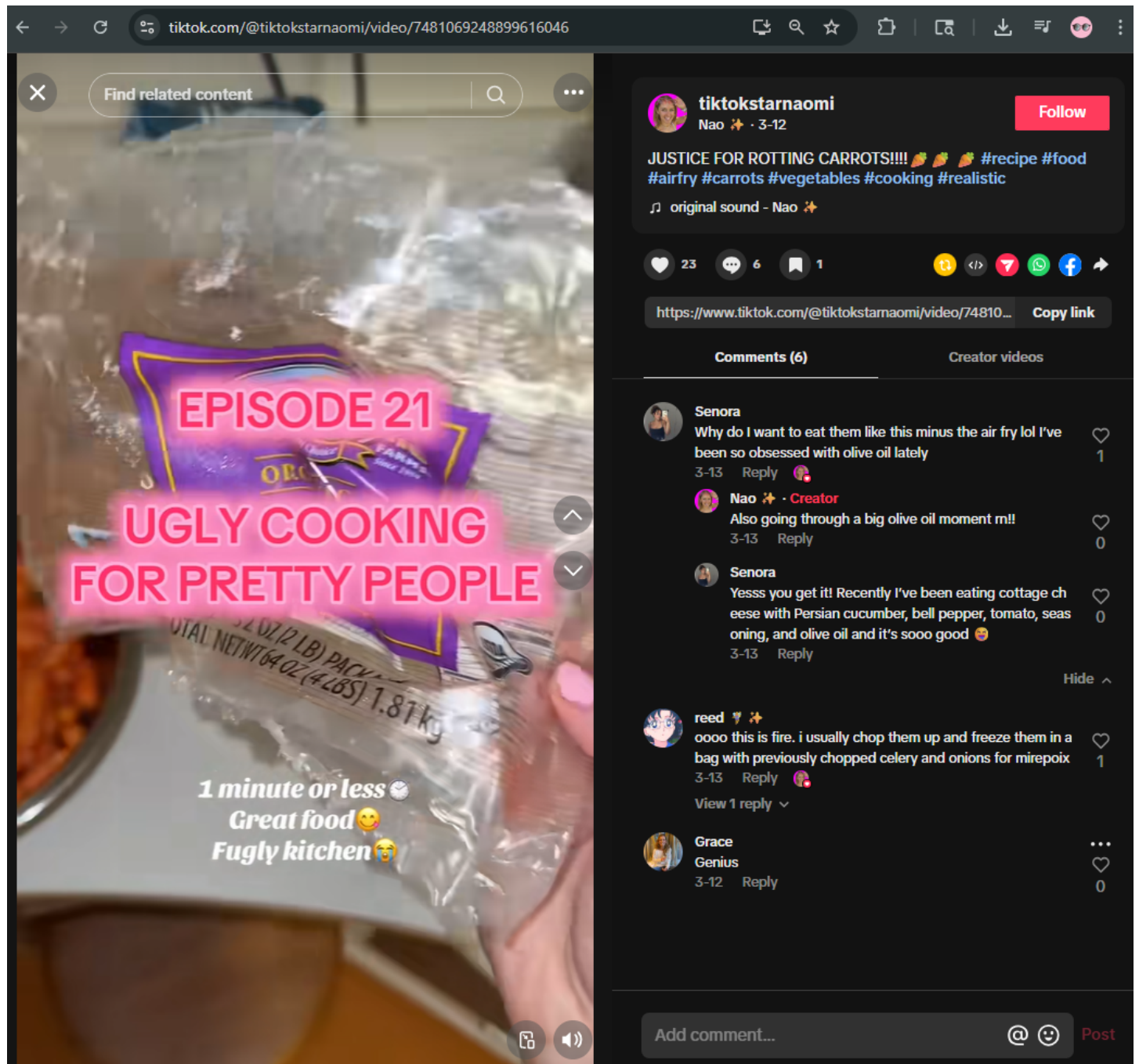
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7481069248899616046>

*After DOI*

"JUSTICE FOR ROTTING CARROTS!!!! 🍷 🍷 #recipe #food #airfry #carrots #vegetables #cooking #realistic"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 13, 2025

System ID: [645878](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7481386324566510894>

*After DOI*

Seen holding a mug with both hands above her head "Shoutout to Tiktokstarllana for this one #sister #gift #etsy #mut #elizabethholmes #girlboss #gatekeep #girlboss"

tiktok.com/@tiktokstarnaomi/video/7481386324566510894

Find related content



MY SISTER MADE

**tiktokstarnaomi**  
Nao · 3-13

Follow

Shoutout to Tiktostarllana for this one #sister #gift #etsy #mut #elizabethholmes #girlboss #gatekeep #girlboss

original sound - Nao

Stanford University · Palo Alto

23 5 1

<https://www.tiktok.com/@tiktokstarnaomi/video/74813...> Copy link

Comments (5) Creator videos

**Jason in Vegas**  
there should also be one with her mugshot on it  
3-13 Reply 1

View 2 replies

**Nao · Creator**  
Thank you @ilanabaer  
3-13 Reply 0

View 1 reply

Add comment... @ Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 15, 2025

System ID: [645881](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7482201295860829483>

*After DOI*

Mentioned her flight was in 4 hours and was seen sitting on her knees and pulling a drawer out of a nightstand "Replying to @Kemorgan THANK YOU ALL🙏🙏🙏🙏"



← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7482201295860829483 📄 🔍 ⌵ 📄 📄 📄 📄 📄 📄 📄 📄

✕ Find related content 🔍 ⋮

Reply to Kemorgan's comment  
Probably too late, but you can generally remove those drawers. Look for little tabs on the sliders that you can press to release it and pull the drawer out forward.

225 10 2 🔔 </> 📧 📧 📧 📧 📧 📧 📧 📧 📧 📧

<https://www.tiktok.com/@tiktokstarnaomi/video/7482...> Copy link

Comments (10) Creator videos

user7272645057533  
Wait – why didn't you grab the paper in there too? 3-15 Reply 18

Nao 🌟 · Creator  
It was an old boarding pass. I have no excuse for not grabbing it, was just being lazy 🤔🤔 3-15 Reply 12

Hide ^

not for the streets  
And they're trying to take TikTok away from us 🇺🇸🇺🇸🇺🇸 3-16 Reply 4

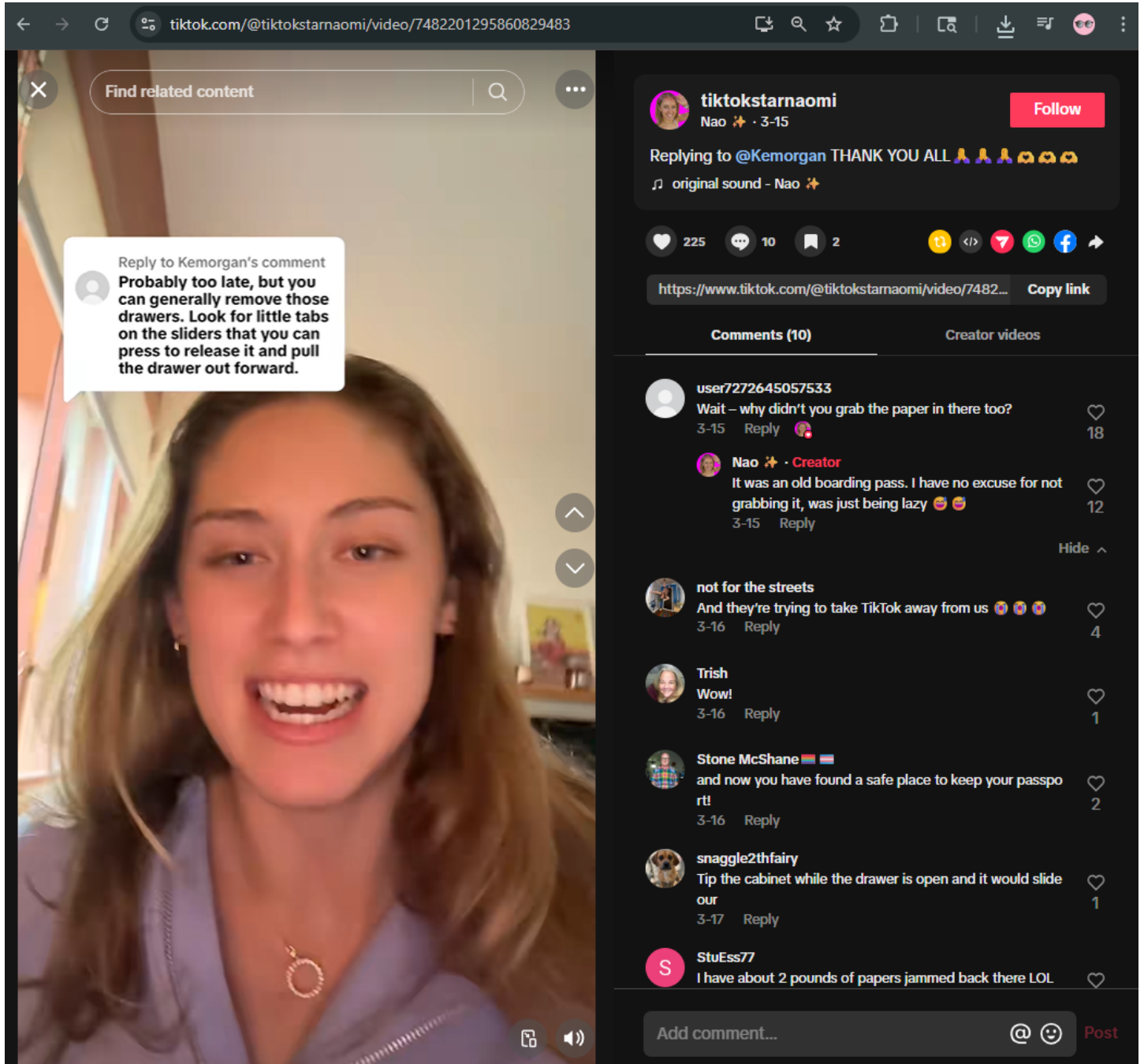
Trish  
Wow! 3-16 Reply 1

Stone McShane 🇺🇸🇺🇸  
and now you have found a safe place to keep your passport! 3-16 Reply 2

snaggle2thfairy  
Tip the cabinet while the drawer is open and it would slide out 3-17 Reply 1

StuEss77  
I have about 2 pounds of papers jammed back there LOL 3-17 Reply 1

Add comment... @ 😊 Post



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 15, 2025

System ID: [645879](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7481940918757543214>

*After DOI*

Shared that she would be on an international flight in 23 hours and couldn't find her passport

"Unfortunately this is serious. Help me out where could it be? #missingpassport #passport #help"

tiktok.com/@tiktokstarnaomi/video/7481940918757543214

Find related content

Q

...

ADVICE NEEDED  
WHERE IS  
MY PASSPORT???

62

23

4

🔔

</>

🔗

📷

📺

📱

https://www.tiktok.com/@tiktokstarnaomi/video/7481...

Copy link

Comments (23)

Creator videos

HerCatTay13

📷

The drawer it's in...behind the drawer or stuck inside the furniture?

3-15

Reply

View 1 reply

13

sofi

📷

pray to st. anthony

3-15

Reply

View 3 replies

11

auntiechecka

📷

I just saw a post a few scrolls up about type b traveling and they found theirs frozen between two lean cuisines. So did you try there?

3-15

Reply

View 1 reply

6

briguy551

📷

Look in all your bags and suitcases then all your coat pockets

3-15

Reply

3

Jess

📷

Triple check the last bag you had while traveling. Literally turn it inside out. Mine is always in the most random pocket

3-15

Reply

View 1 reply

2

Add comment...

@

😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645880](#)

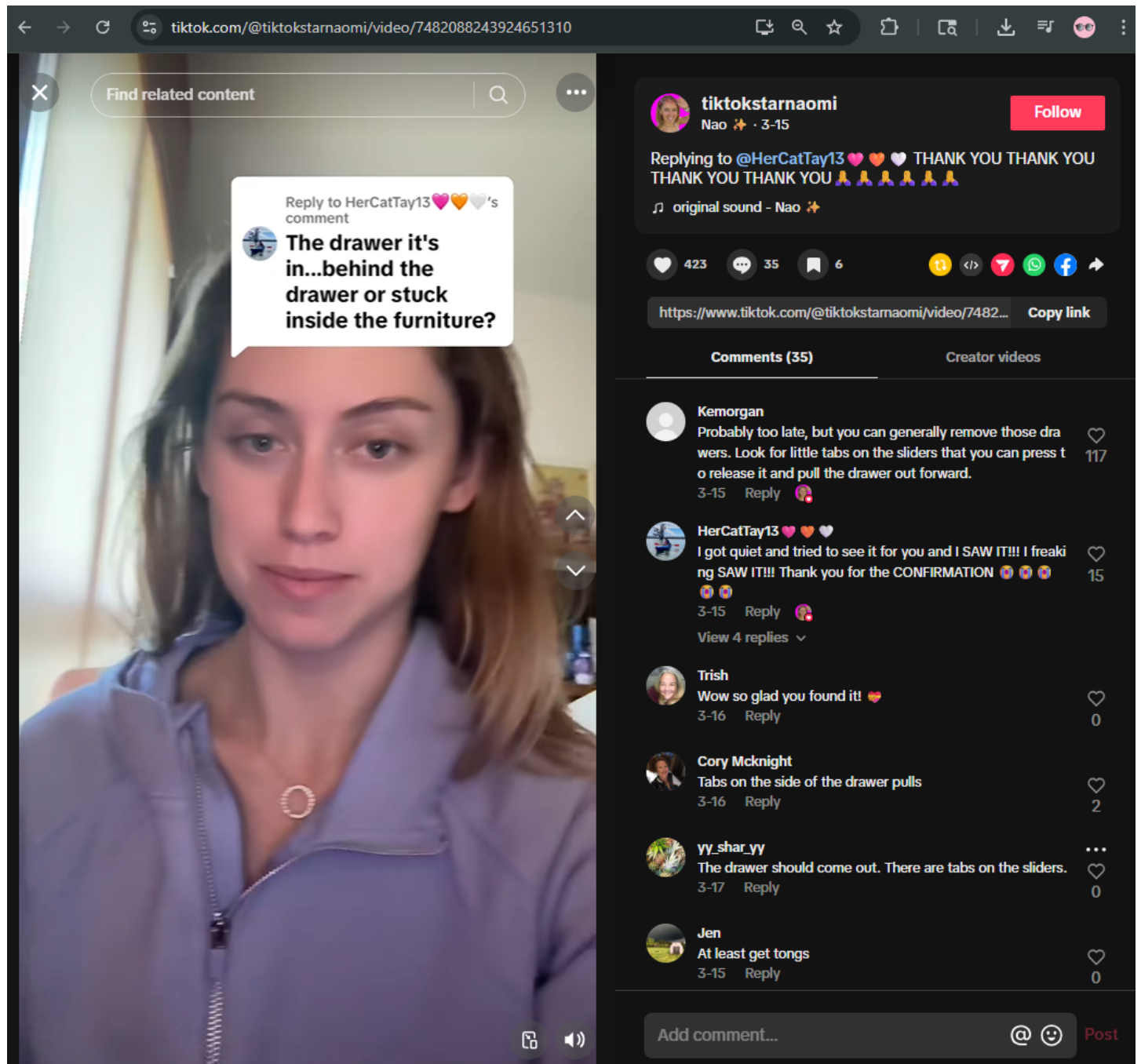
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7482088243924651310>

*After DOI*

"Replying to @HerCatTay13🐱🐱 THANK YOU THANK YOU THANK YOU THANK YOU🐱🐱🐱🐱"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 16, 2025

System ID: [645883](#)



Captured: Sep 24, 2025



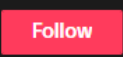
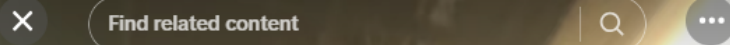
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7482254243752086827>

*After DOI*

Videoed talking and walking at an airport before her flight to Hong Kong, China "I don't want this to be a series but alas"



🎵 original sound - Nao 🌟

<https://www.tiktok.com/@tiktokstarnaomi/video/7482...> **Copy link**

**Creator videos**

1

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View 1 reply ▾

@ ☺





Follow

🎵 original sound - Nao 🌟

<https://www.tiktok.com/@tiktokstarnaomi/video/7482...> **Copy link**

**Creator videos**

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645884](#)

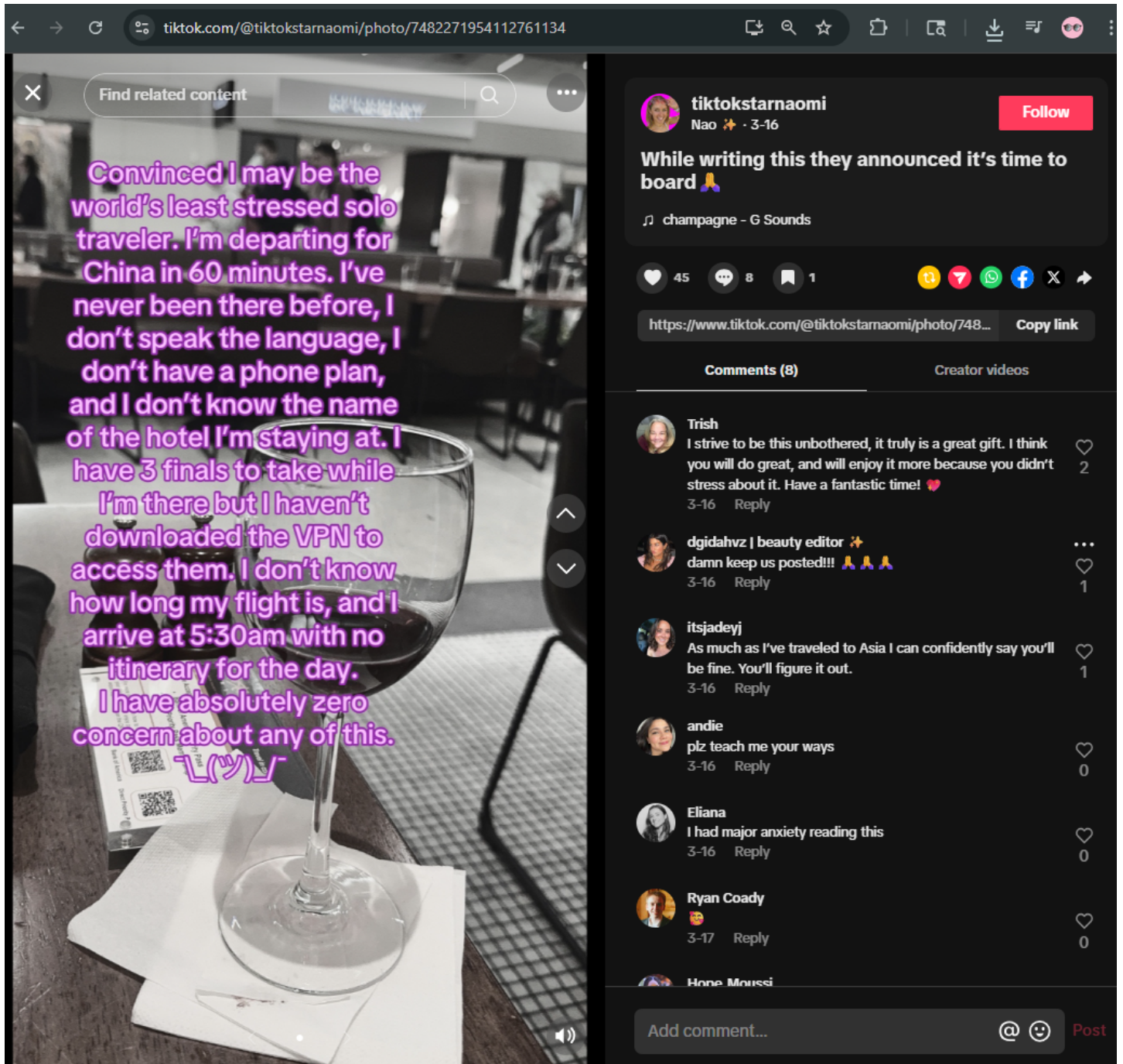
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/photo/7482271954112761134>

*After DOI*

Pictured a glass of wine "While writing this they announced it's time to board"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 16, 2025

System ID: [645885](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7482622182770691374>

*After DOI*

"nothing more humbling OINK" "EXACTLY and I always wait for my little drink before I start eating my little food so it feels like a formal meal. Oink"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 21, 2025

System ID: [645886](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7484418798787808558>

*After DOI*

Seen lying down "The only day each year when doomscrolling is scrolling #residency #medschool  
#matchday #congrats #doctors #friends"

tiktok.com/@tiktokstarnaomi/video/7484418798787808558

Find related content

Q

...

March 22! Happy lay in bed and scroll through Match Day Instagram posts to those who celebrate 🙏

16

1

1

↑

↓

tiktokstarnaomi

Nao 🌟 · 3-21

Follow

The only day each year when doomscrolling is scrolling  
#residency #medschool #matchday #congrats #doctors #friends

less

Ain't It Fun - Paramore

16 1 1

https://www.tiktok.com/@tiktokstarnaomi/video/7484...

Copy link

Comments (1) Creator videos

Zahna Tinsley

And cry 10000 times

3-22 Reply

1

Add comment...

@





😊

Post

[Link to download video](#)



# Instagram

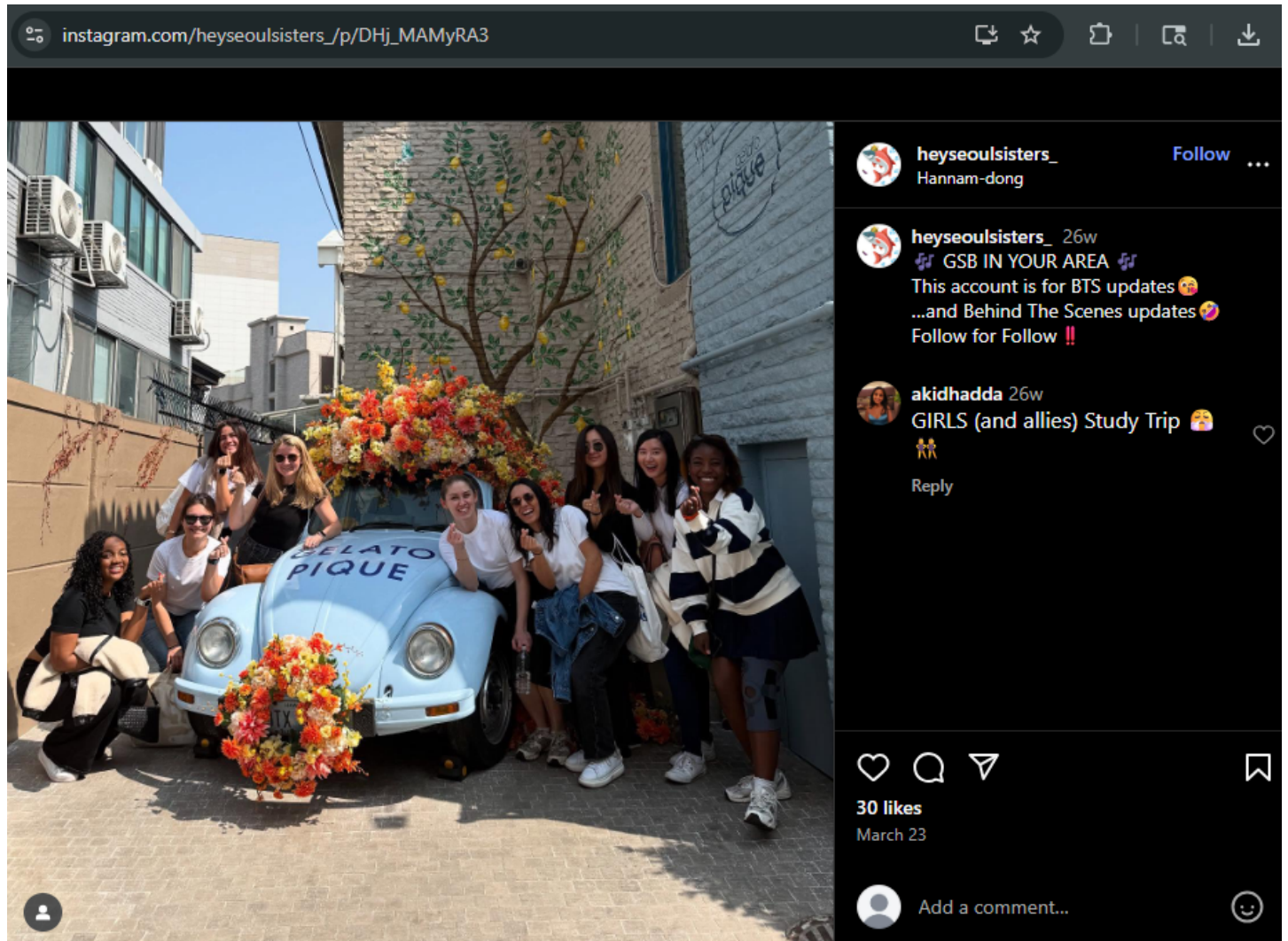
 [heyseoulsisters\\_](#)  
 System ID: [646194](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/heyseoulsisters\\_/p/DHj\\_MAMyRA3](https://www.instagram.com/heyseoulsisters_/p/DHj_MAMyRA3)



Posted: Mar 23, 2025  
Captured: Sep 24, 2025

After DOI

Pictured leaning forward/sideways onto a vehicle with associates (right side, far left)



The image shows a screenshot of an Instagram post on a mobile device. The browser address bar at the top displays 'instagram.com/heyseoulsisters\_/p/DHj\_MAMyRA3'. The post itself features a group of approximately ten young women posing around a light blue Volkswagen Beetle. The car has 'DELATO PIQUE' written on its hood and is decorated with large, vibrant floral arrangements. The background shows a narrow alleyway with brick buildings and a mural of a tree. To the right of the image, the Instagram interface is visible, showing the profile of 'heyseoulsisters\_' with a 'Follow' button, a bio mentioning 'GSB IN YOUR AREA' and 'Behind The Scenes updates', and a comment from 'akidhadda' about a 'Study Trip'. The post has '30 likes' and is dated 'March 23'. At the bottom, there is a text input field for comments that says 'Add a comment...'.



# TikTok

[@tiktokstarnaomi](#)

System ID: [645887](#)

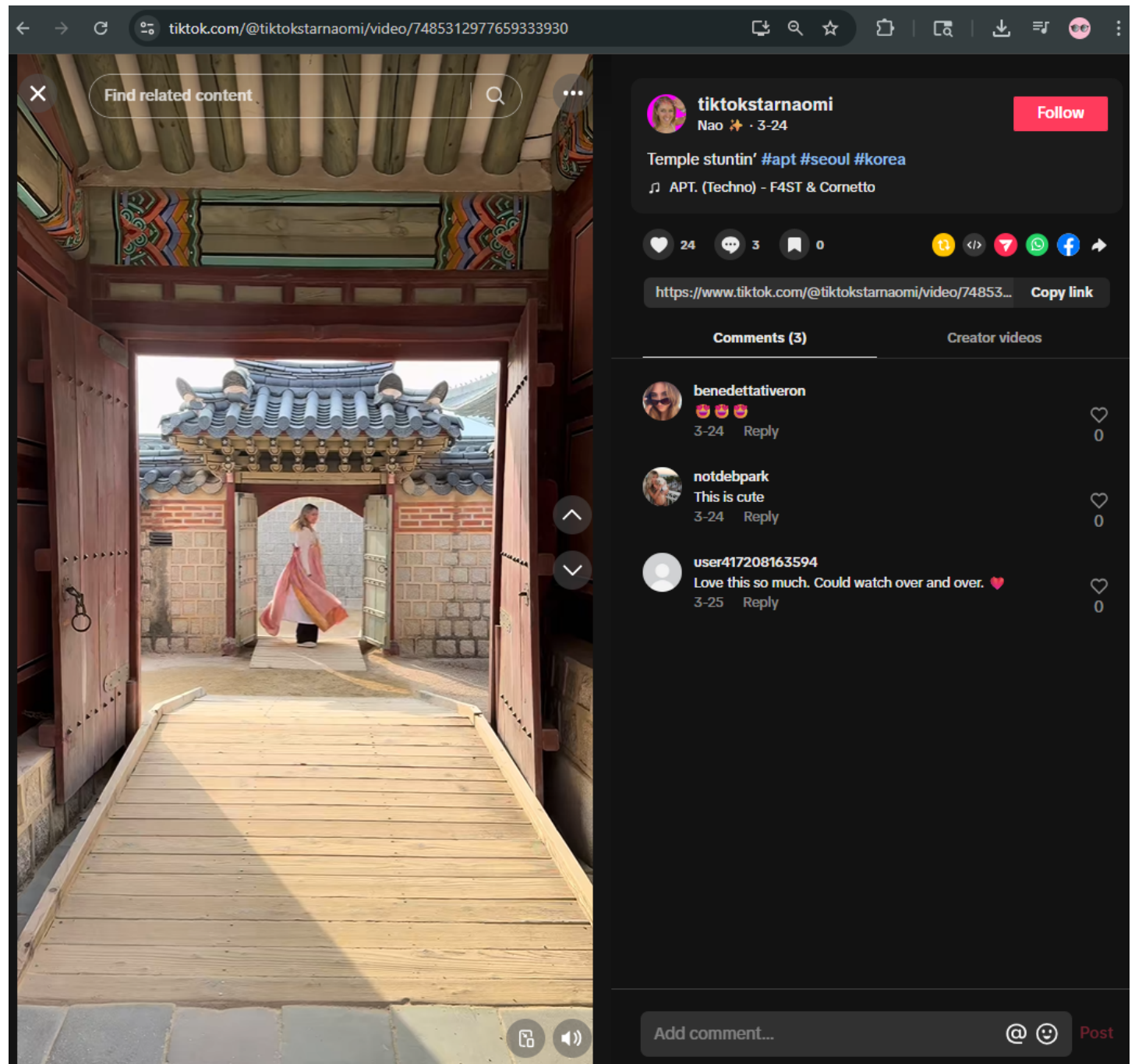
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7485312977659333930>

*After DOI*

Seen spinning and walking in Seoul, South Korea "Temple stuntin' #apt #seoul #korea



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 25, 2025

System ID: [645890](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7485913230699662634>

*After DOI*

Was filmed while she sat, and moved around, while preparing an iced coffee on a bus in South Korea "This was delicious tbh #korea #711 #coffee"


← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7485913230699662634 📄 🔍 ☆ 📄 📄 📄 📄 📄 📄 📄

✕ Find related content 🔍 ⋮



Trying Korea 7-11 bagged coffee!!!!

📄 🔊

 **tiktokstarnaomi**  
Nao 🌟 · 3-25

Follow

This was delicious tbh #korea #711 #coffee

🎵 APT. - ROSÉ & Bruno Mars

❤️ 11 💬 0 📄 1

🔗 <https://www.tiktok.com/@tiktokstarnaomi/video/7485913230699662634> Copy link

Comments (0) Creator videos

Be the first to comment!

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 25, 2025

System ID: [645888](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7485767814586961198>

*After DOI*

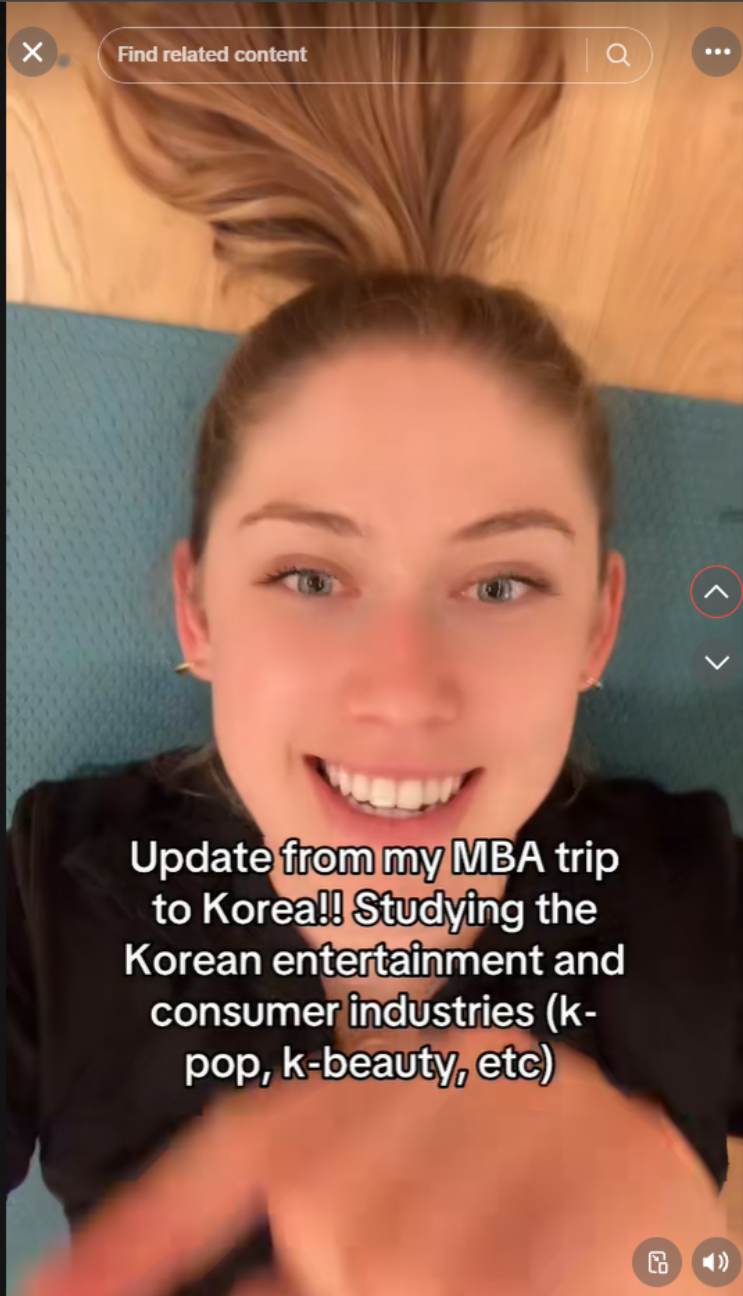
Explained that she was on a trip to South Korea with Stanford GSB, as she was lying on the ground with her knees/feet in the air, at a gym in Seoul

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7485767814586961198 📄 📷 📌 📄 📄 📄 📄 📄 📄

✕


Find related content 🔍

⋮



Update from my MBA trip to Korea!! Studying the Korean entertainment and consumer industries (k-pop, k-beauty, etc)

📄 🔊



**tiktokstarnaomi**  
Nao 🌟 · 3-25

Follow

Follow to join our Korea trip 😊 #kpop #kbeauty #mba #travel #stanford #korea #seoul

🎵 original sound - Nao 🌟

📍 Seoul

❤️ 28

💬 1

📄 2

🔔

🔗

🔖

📧

📺


📱

📌

<https://www.tiktok.com/@tiktokstarnaomi/video/74857...> Copy link

Comments (1)

Creator videos



**k0ski**  
Korean skincare 🥰  
5-16 Reply

❤️ 0

Add comment...

@ 😊

Post

[Link to download video](#)

# Instagram



[heyseoulsisters\\_](#)



Posted: Mar 25, 2025



System ID: [646192](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



[https://www.instagram.com/heyseoulsisters\\_/p/DHoF3vvjODq](https://www.instagram.com/heyseoulsisters_/p/DHoF3vvjODq)

*After DOI*

Pictured standing in a dress "So forlorn☹☹ Who do we think Naomi is thinking about?☹☹ (Wrong answers only☹)"





heyseoulsisters\_

Follow ...



heyseoulsisters\_ Edited • 26w

So forlorn 🥺🥺  
Who do we think Naomi is thinking  
about? 🥺💖  
(Wrong answers only 🙏)



patabele 26w

Paul Oyer

4 likes Reply



cristinafajardo 26w

The salmon that weren't able to  
see the light 🐟🐟

4 likes Reply



juancbarriga 26w

haseyo or gaseio?

5 likes Reply



33 likes

March 25



Add a comment...



# Instagram



[heyseoulsisters\\_](#)



Posted: Mar 26, 2025



System ID: [646189](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



[https://www.instagram.com/heyseoulsisters\\_/p/DHrqr7jyYYt](https://www.instagram.com/heyseoulsisters_/p/DHrqr7jyYYt)

*After DOI*

Seen drinking and singing at a restaurant with associates "Do you agree we have what it takes to be the next great K-Pop group???!!!!!!"



Follow ...



1 like   Reply



1 like   Reply



March 26



[Link to download video](#)



Follow ...



Do you agree we have what it takes to be the next great K-Pop group??? 🎵❤️



Should have been casted in  
Katseye

1 like   Reply



Next triple S 🔥 🔥 🔥 🔥

1 like Reply



March 26



Add a comment...



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645892](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7485978138174917931>

*After DOI*

Seen walking "Do you have this problem? #coloranalysis #southkorea #seoul #stubborn #travel #trend"

tiktok.com/@tiktokstarnaomi/video/7485978138174917931

X

Find related content

I think I'm too stubborn  
for a color analysis

tiktokstarnaomi

Nao · 3-26

Follow

Do you have this problem? #coloranalysis #southkorea #seoul #stubborn #travel #trend

original sound - Nao

19

1

3

https://www.tiktok.com/@tiktokstarnaomi/video/74859...

Copy link

Comments (1)

Creator videos

andie

i feel like the korean color analysis is a scam lol

3-26 Reply

0





Add comment...



@

Post

[Link to download video](#)

# Instagram

 [heyseoulsisters\\_](#)  
 System ID: [646176](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/heyseoulsisters\\_/reel/DHsTNbHRbjc](https://www.instagram.com/heyseoulsisters_/reel/DHsTNbHRbjc)

 Posted: Mar 27, 2025  
 Captured: Sep 24, 2025

*After DOI*

Videoed dancing choreography with associates (middle in a green sweater) "DRESS REHEARSAL BIG THINGS COMING"





**heyseoulsisters\_**  
Original audio

[Follow](#) ...



**heyseoulsisters\_** 25w  
DRESS REHEARSAL BIG THINGS COMING



**akidhadda** 25w  
slay choreo @m00rethemerrier

5 likes Reply

— View all 1 replies



**24 likes**

March 27



Add a comment...



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645893](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7486492595829443886>





*After DOI*



"Visited one of the top news stations in Korea today! How did we do?☑️ #seoul #korea #news #reporting"

[illegible]

[Link to download video](#)

# Instagram

 [heyseoulsisters\\_](#)  
 System ID: [646183](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/heyseoulsisters\\_/reel/DHwDKvEPW9W](https://www.instagram.com/heyseoulsisters_/reel/DHwDKvEPW9W)

 Posted: Mar 28, 2025  
 Captured: Sep 24, 2025

*After DOI*

Video of shots being poured and of Subject dancing at a club/bar "practicing our fandom for One Direction"



heyseoulsisters\_  
Original audio

Follow ...



heyseoulsisters\_ Edited • 25w  
🎵 practicing our fandom for One Direction 🤪🎵

**No comments yet.**

Start the conversation.



17 likes

March 28



Add a comment...



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645896](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/photo/7486796248301751594>

*After DOI*

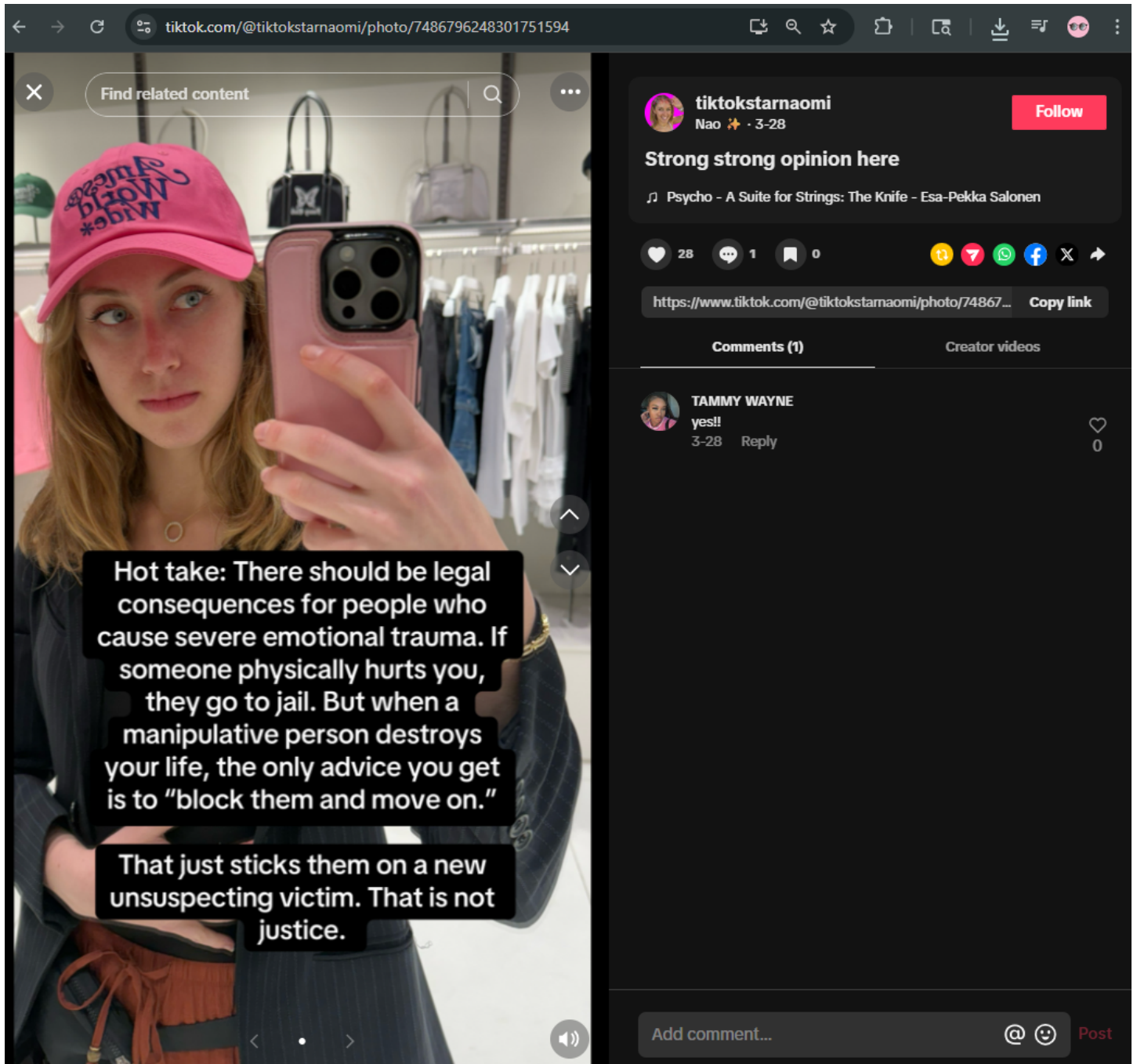
Mirror selfie "Strong strong opinion here"



Posted: Mar 28, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Mar 29, 2025

System ID: [645898](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7487113256234994990>

*After DOI*

Seen moving her arms up and down while standing on a teeter-totter in South Korea "This video was completely unscripted and organic☐ We're thriving at this hanok!! #hanok #fullhouse #travel #southkorea"





[Link to download video](#)

# Instagram



[naomibaer](#)



Posted: Mar 29, 2025



System ID: [646205](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.instagram.com/p/DHzoKXYJ5np>

*After DOI*

"Tears after discovering in a business meeting that every single photo on this page has been automatically cross-posting to Naomi's personal Facebook"



heyseoulsisters\_

Follow ...



heyseoulsisters\_ 25w

Tears after discovering in a business meeting that every single photo on this page has been automatically cross-posting to Naomi's personal Facebook 🥹🥹



aliceobas 25w



Reply



nikhil.k.jain 25w

SO GOOD AAHAA

Reply



sammyn15 25w

OMG

Reply



58 likes

March 29



Add a comment...



# TikTok

[@tiktokstarnaomi](#)

System ID: [645901](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7487767873696582958>

*After DOI*

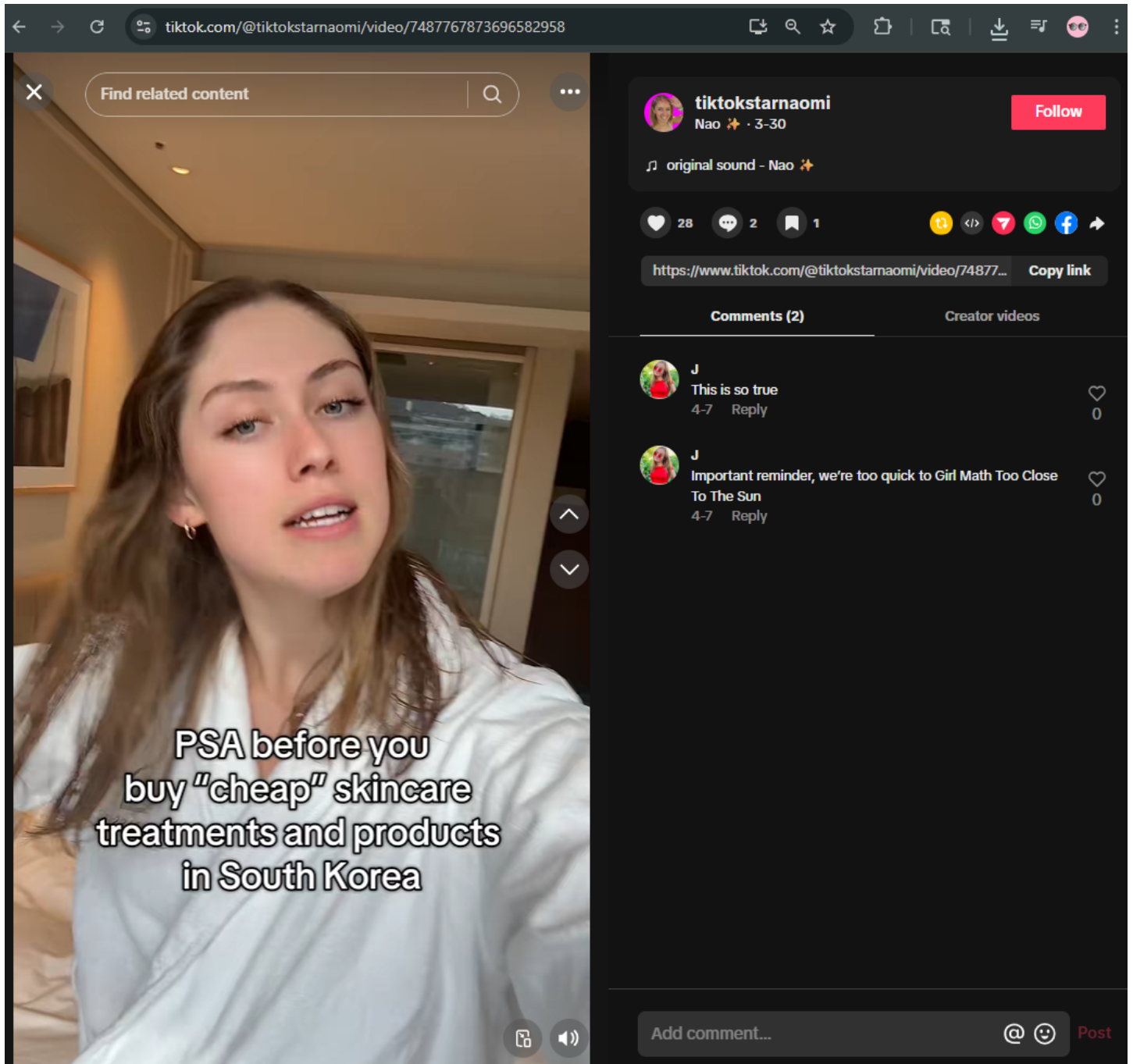
Raising her hands/arms while talking



Posted: Mar 30, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645900](#)

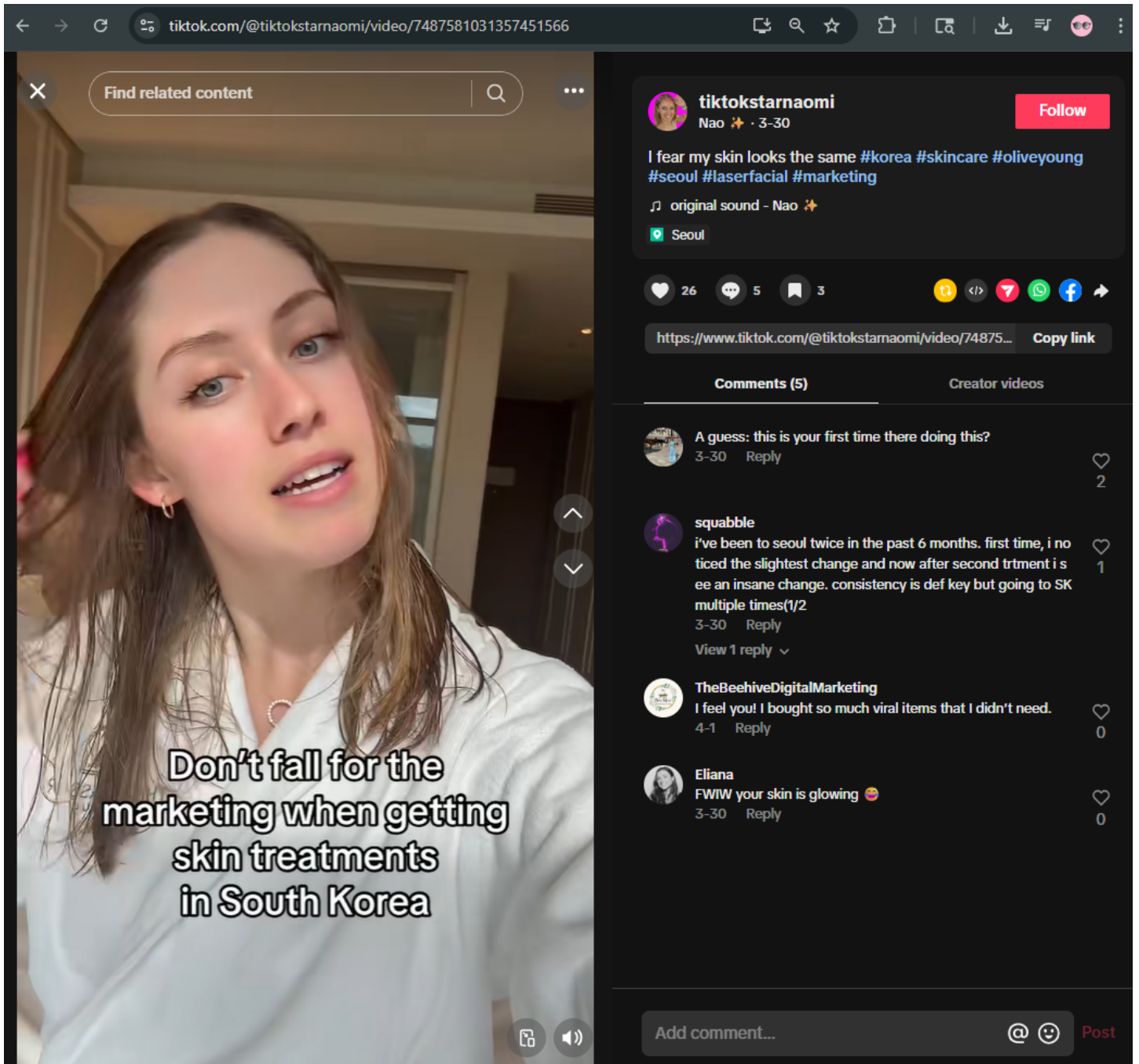
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7487581031357451566>





*After DOI*



"I fear my skin looks the same #korea #skincare #oliveyoung #seoul #laserfacial #marketing"



[Link to download video](#)


# Instagram


 [heyseoulsisters\\_](#)  
 System ID: [646173](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/heyseoulsisters\\_/p/DH06qfJpAF9](https://www.instagram.com/heyseoulsisters_/p/DH06qfJpAF9)

 Posted: Mar 30, 2025  
 Captured: Sep 24, 2025

After DOI  
Pictured with associates "If you saw us post into GSBGeneral no you didn't"


instagram.com/heyseoulsisters\_/p/DH06qfJpAF9





heyseoulsisters\_

Follow






heyseoulsisters\_ Edited • 25w

If you saw us post into GSBGeneral no you didn't 🤔


No comments yet.

Start the conversation.




22 likes

March 30









Add a comment...





# Instagram

 [heyseoulsisters\\_](#)  
 System ID: [646175](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/heyseoulsisters\\_/reel/DH0dm7ORIOj](https://www.instagram.com/heyseoulsisters_/reel/DH0dm7ORIOj)

 Posted: Mar 30, 2025  
 Captured: Sep 24, 2025

*After DOI*

Videoed dancing choreography with associates (middle in black leggings and t-shirt) "THE TIME HAS COME!!! 📺📺 Presenting.....the SeoulSisters official K-Pop Debut!!! Watch out Blackpink 📺"



heyseoulsisters\_

Follow ...

Original audio



heyseoulsisters\_ 25w

THE TIME HAS COME!!! 🐼 🐼 🐼  
Presenting....the SeoulSisters official K-  
Pop Debut!!! Watch out Blackpink 🐼



cristinafajardo 25w

Its giving shooop / tan tan tan



2 likes Reply



tylaa97 25w



Reply



diegosalazarguerra 25w

@juancbarriga got the moves  
like jagger 🔥



2 likes Reply



25 likes

March 30



Add a comment...



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645903](#)

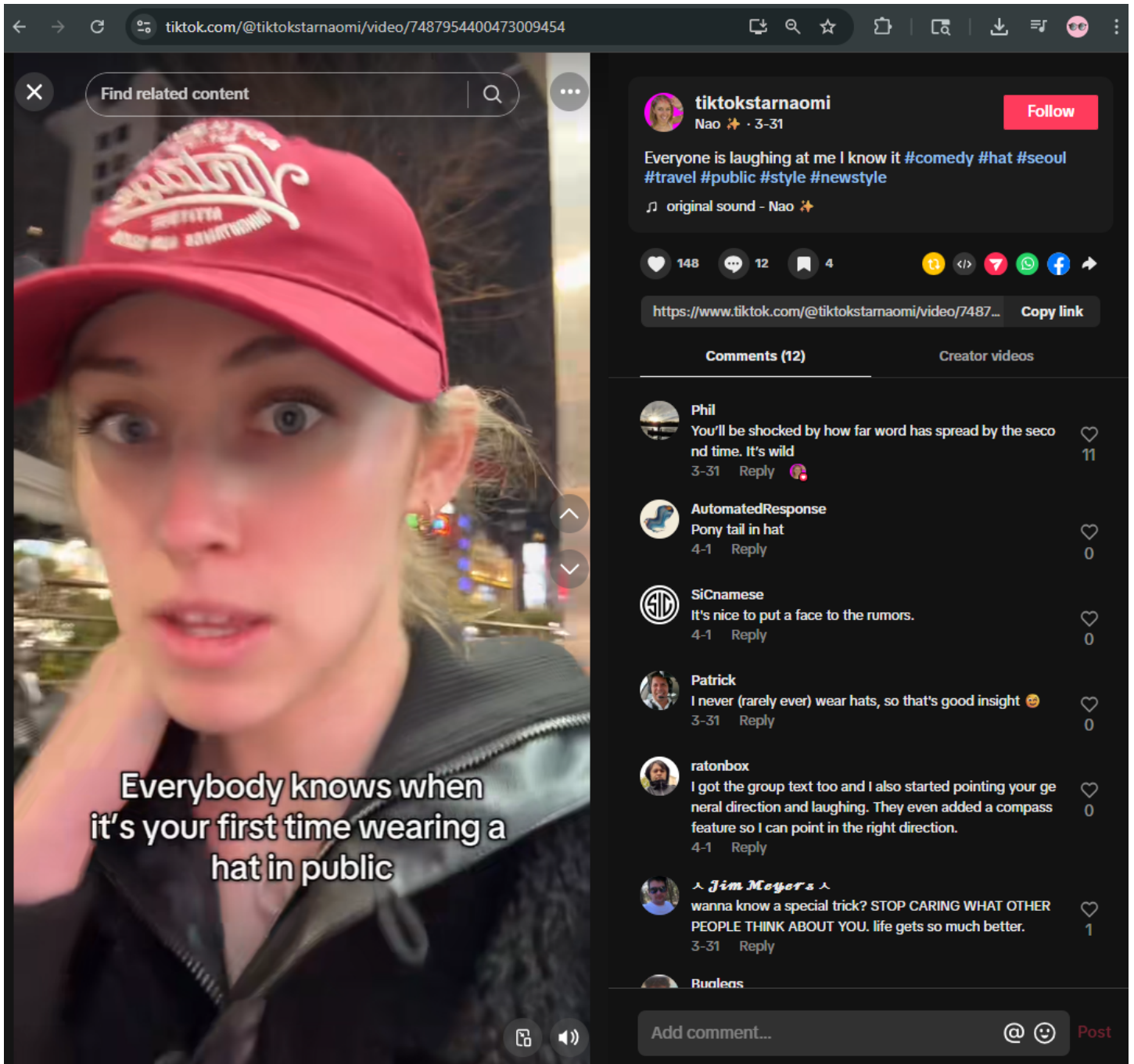
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7487954400473009454>

*After DOI*

"Everyone is laughing at me I know it #comedy #hat #seoul #travel #public #style #newstyle"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645904](#)

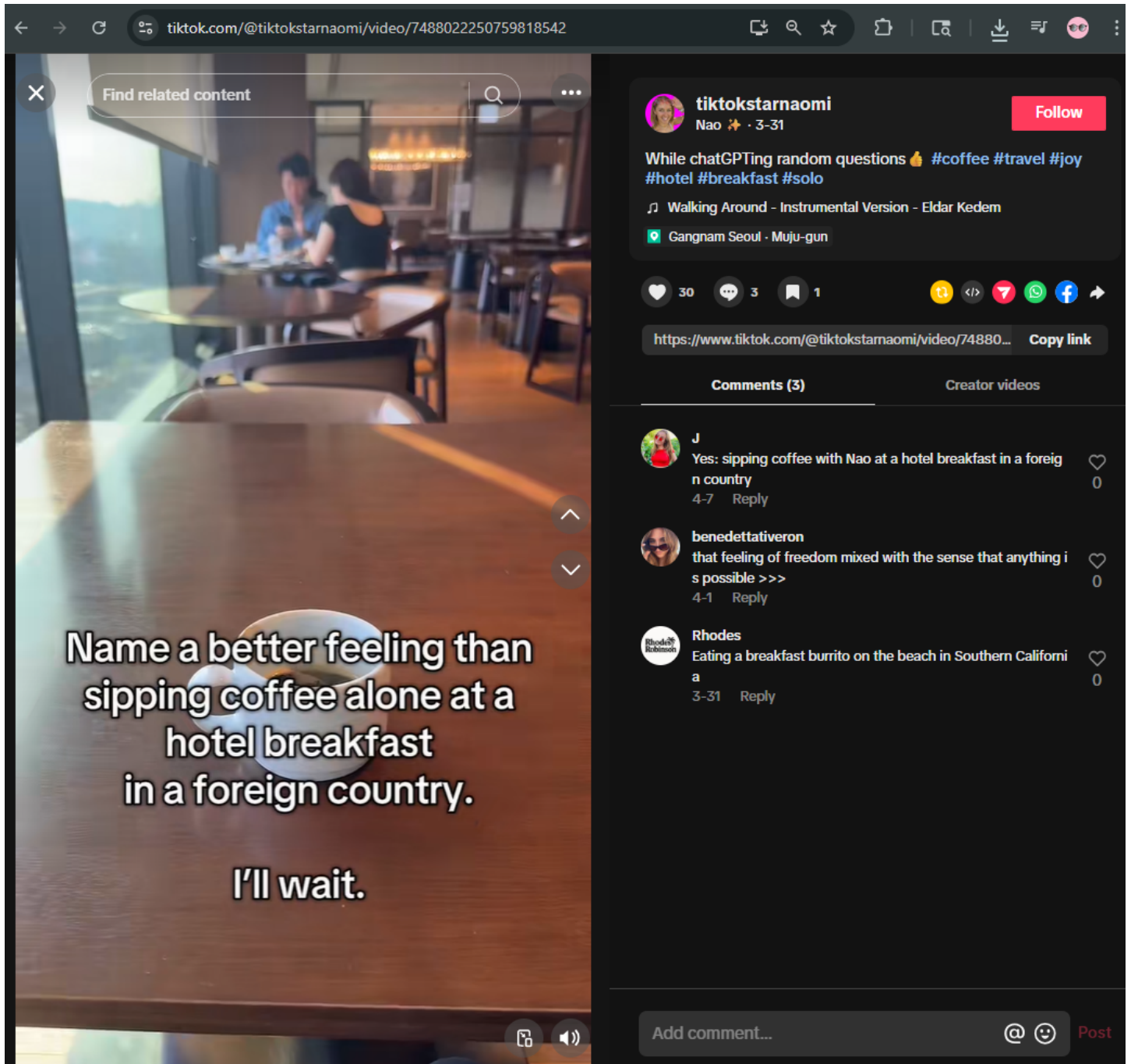
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7488022250759818542>

*After DOI*

"While chatGPTing random questions[] #coffee #travel #joy #hotel #breakfast #solo"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645905](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7488180657194306862>

*After DOI*

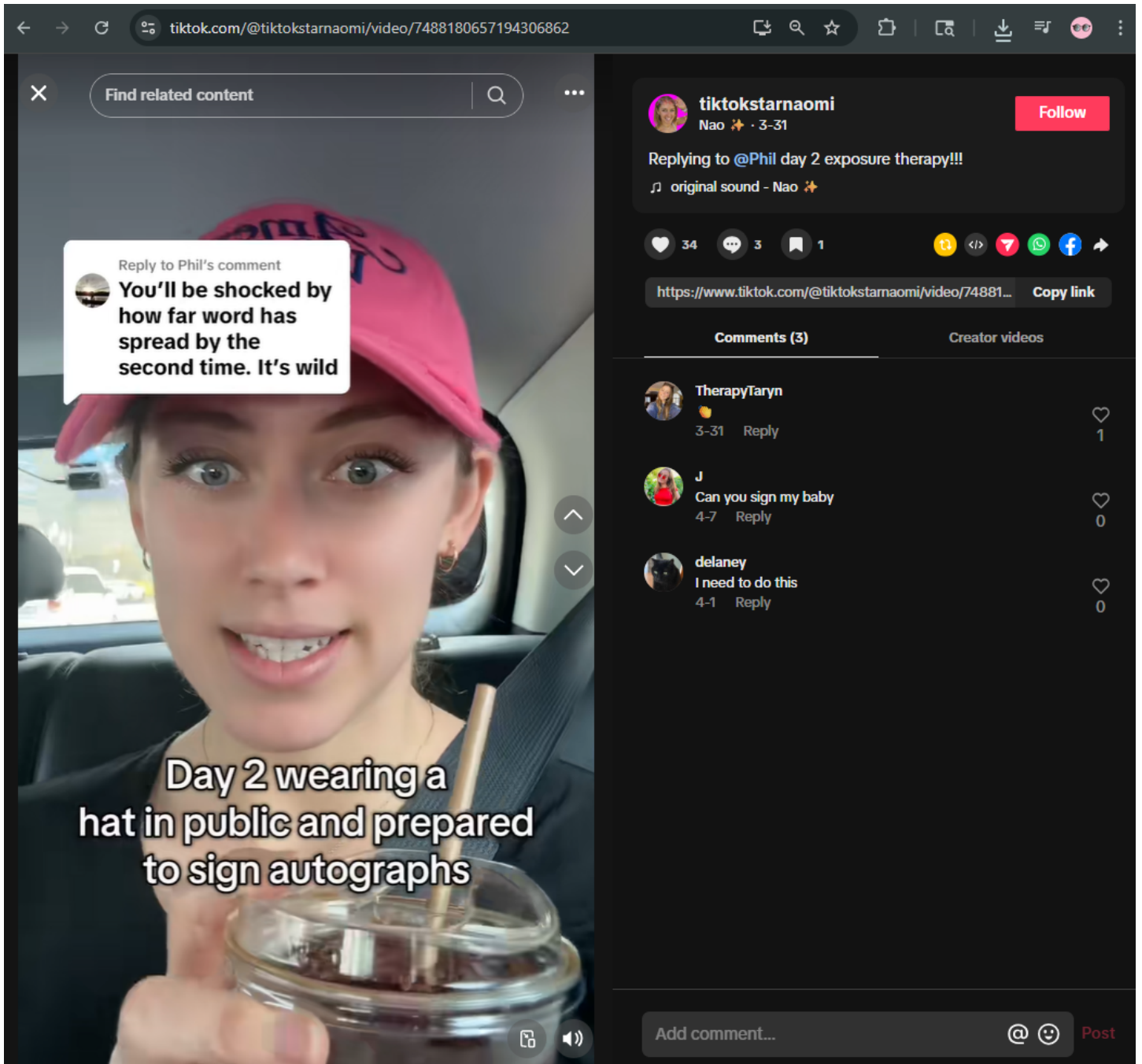
Seen sitting in a vehicle



Posted: Mar 31, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 01, 2025

System ID: [645906](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7488418412192877870>

*After DOI*

Seen walking "Their customer service is so next level #korea #shopping #seoul #customerservice  
#american #free #coffee #humor"





[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 645907



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/photo/7488607639337700654>



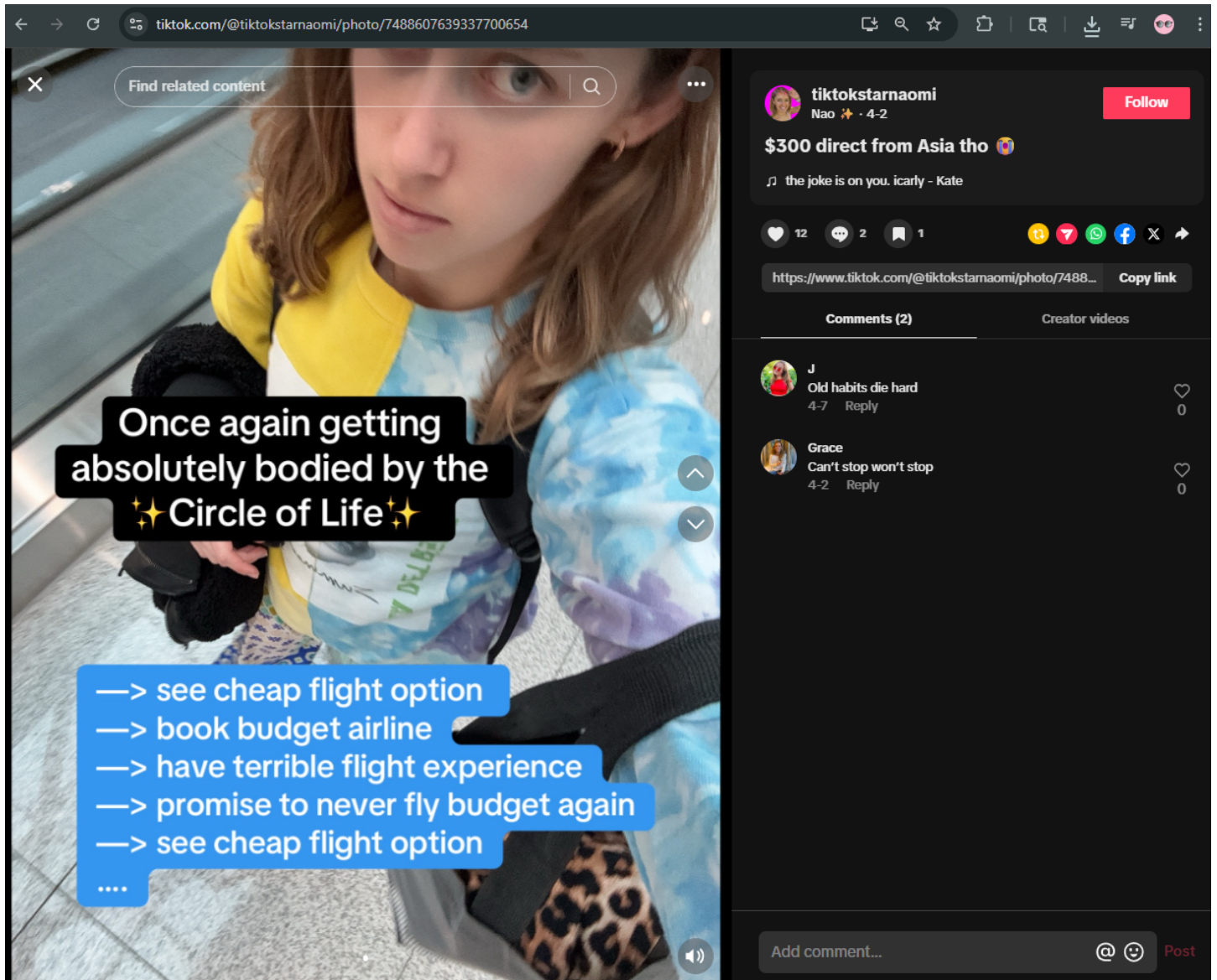
Posted: Apr 02, 2025



Captured: Sep 24, 2025

After DOI

Seen standing while wearing a backpack and carrying a bag "\$300 direct from Asia tho 🤔"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 02, 2025

System ID: [645908](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7488897651908332842>

*After DOI*

Seen turning/spinning in place and walking "Looking for a chapstick recommendation apparently #shopping #business #korea #stores #mba #profit #customerexperience"

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7488897651908332842

Find related content

Shopping in Korea changed the way I think about US companies

**tiktokstarnaomi**  
Nao · 4-2

Follow

Looking for a chapstick recommendation apparently  
#shopping #business #korea #stores #mba #profit #customerexperience

less

🎵 original sound - Nao

36 3 3

<https://www.tiktok.com/@tiktokstarnaomi/video/74888...> Copy link

Comments (3) Creator videos

**Kay Tapia**  
Can you say more on the differences? I just had a similar experience in Vancouver  
4-3 Reply

**J**  
I'd also love to hear more on the differences!  
4-7 Reply

Hide

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 03, 2025

System ID: [645909](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7489255365373316398>

*After DOI*

Seen sitting while she was doing her taxes "Can we just call it quits and automate e-signatures #tax #explainthistomeplease"



Find related content

📄 🔊

**tiktokstarnaomi**  
Nao 🌟 · 4-3

Follow

Can we just call it quits and automate e-signatures #tax #explainthistomeplease

🎵 original sound - Nao 🌟

📍 Stanford University · Palo Alto

❤️ 21

💬 3

📄 2

🔔

🔗

📺

📱

📧

📺

📱

📧

https://www.tiktok.com/@tiktokstarnaomi/video/74892...

Copy link

Comments (3)

Creator videos

**Cuckoo**

I'd argue the esignature has the timestamp, ip, session id, client agent data, auth token, and tons of other metadata making it more meaningful than a hand written signature which is less verifiable

4-3 · Reply

👍 1

**Nao 🌟 · Creator**

Wait 🤔🤔🤔 this makes so much sense lol thank you for explaining 🙏

4-4 · Reply

👍 1

**ZogBonk**

The point is its legally binding.

4-3 · Reply

👍 0

Hide ^

Add comment...

@ 😊

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645910](#)

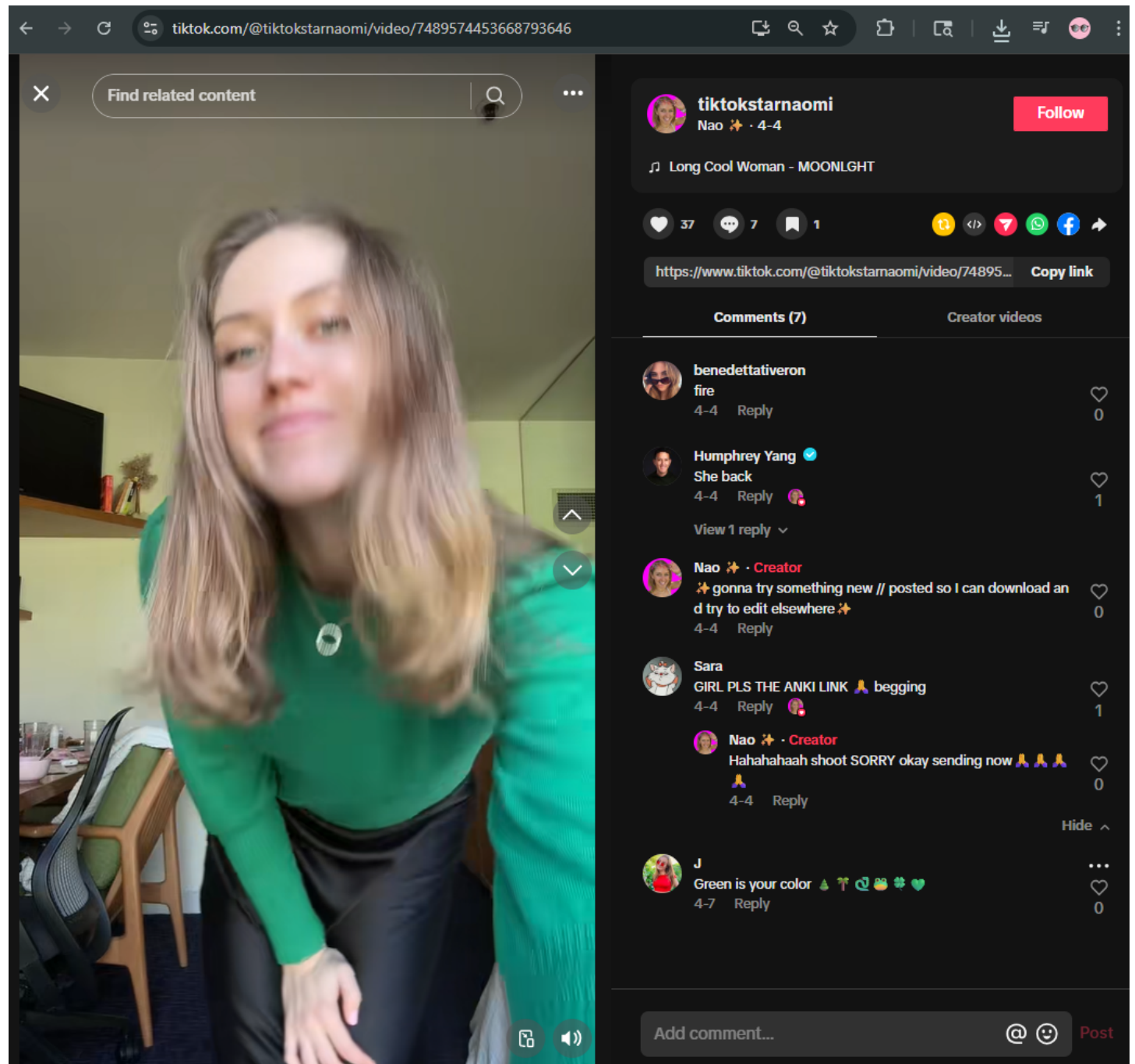
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7489574453668793646>

*After DOI*

Seen walking, spinning, bending forward, and lifting her leg



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 05, 2025

System ID: [645911](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7489865351396642091>

*After DOI*

Showed her outfit; she walked, lifted her left, and bent forward to grab items from a bed "Seoul shopping setting me up for @creatorsoncampus ☐☐ #ootd #smallcreator #student #design #conference #style"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 06, 2025

System ID: [645915](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7490228603616087338>

*After DOI*

Talked about feeling burnt out at her jobs after college "Burnout is the worst feeling seriously #burnout #mba #recovery #career #women #tech #consulting #creativity" "Stanford Creator Conference, at the design school!! It was filled with creators, actors, tech people, and more. Really fun crowd!"

tiktok.com/@tiktokstarnaomi/video/7490228603616087338

Find related content



Current Stanford MBA:  
Recovering from burnout

**tiktokstarnaomi**  
Nao · 4-6

Follow

Burnout is the worst feeling seriously #burnout #mba #recovery #career #women #tech #consulting #creativity

original sound - Nao

San Francisco

74 7 11

<https://www.tiktok.com/@tiktokstarnaomi/video/7490...> Copy link

Comments (7) Creator videos

**Simone Merotto**  
First  
4-6 Reply

**Eliana**  
I wanna hear all about this!  
4-6 Reply

**your Gmat score ??**  
4-16 Reply

**abg2011101**  
4-6 Reply

**J**  
4-7 Reply

**Manny | Founder + Consumer AI**  
what conference did you go to?  
4-6 Reply

**Nao · Creator**  
Stanford Creator Conference, at the design :  
it was filled with creators, actors, tech people, ore. Really fun crowd!

Back to top

Add comment... @ Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645918](#)

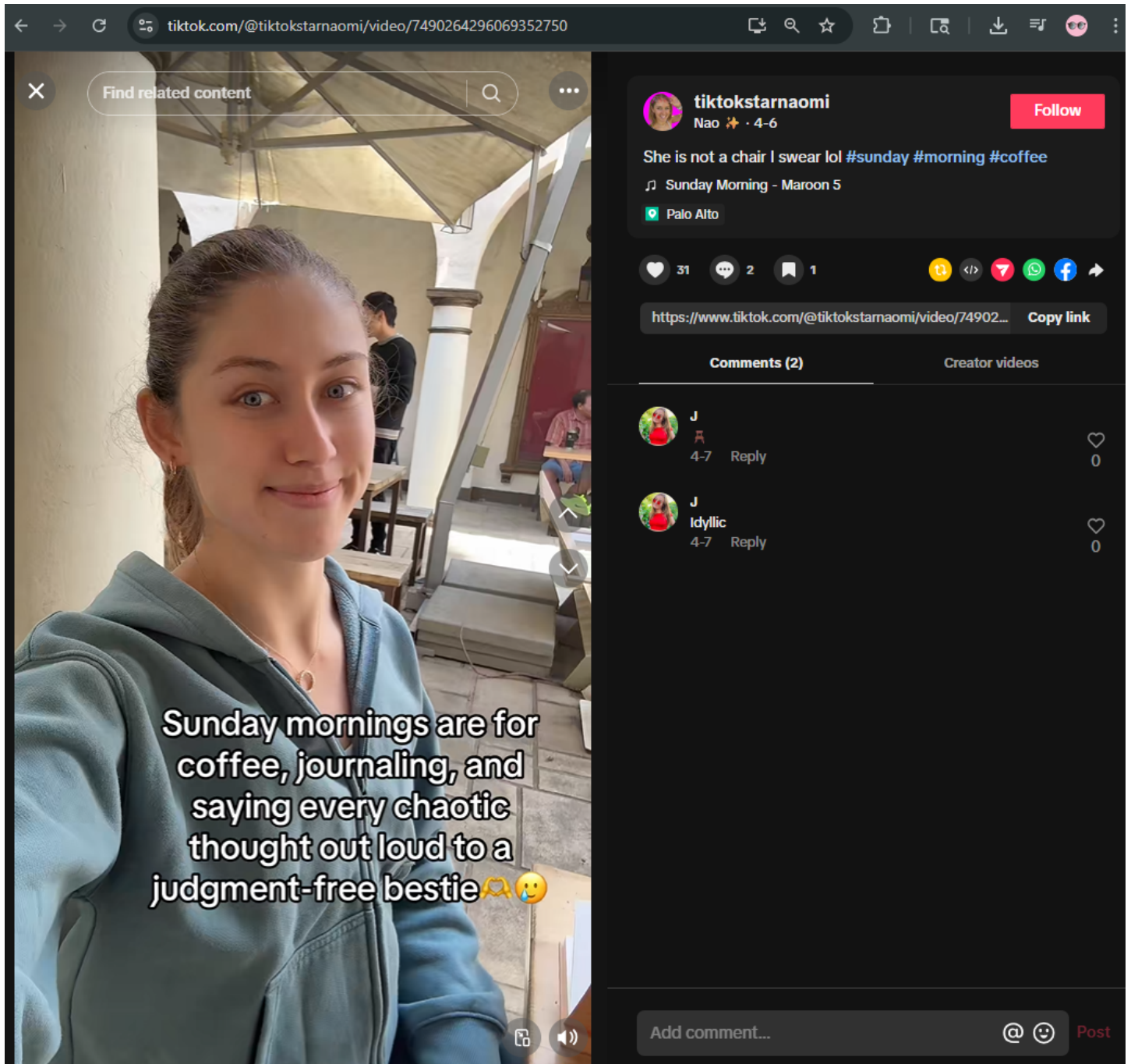
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7490264296069352750>

*After DOI*

"She is not a chair I swear lol #sunday #morning #coffee"



[Link to download video](#)



# TikTok

@tiktokstarnaomi

System ID: 645919



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7490395852847009067>

After DOI

"Bad day video journal. Needing advice for when you're feeling beat af 🥱"



Posted: Apr 06, 2025



Captured: Sep 24, 2025

Find related content

tiktokstarnaomi

Nao · 4-6

Follow

Bad day video journal. Needing advice for when you're feeling beat af 🥱

original sound - Nao

24

4

1

https://www.tiktok.com/@tiktokstarnaomi/video/74903...

Copy link

Comments (4)

Creator videos

Kristen

I've felt very bleh this past week too, I think it's the time of year & lots of negativity floating around. I try to focus on the super small things I'm grateful for 🥰

4-7 Reply

Léa

It might just be your luteal phase tbh 🙌 give it a few weeks and you'll be back on top of the world!!

4-7 Reply

J

And give yourself grace! You're amazing

4-7 Reply

J

"Motion changes emotion" is my maxim — whenever I'm feeling stuck, usually if I can move (dance, walk, even just change scenery) it helps

4-7 Reply

Add comment...

@😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645921](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7491062331691126062>

*After DOI*

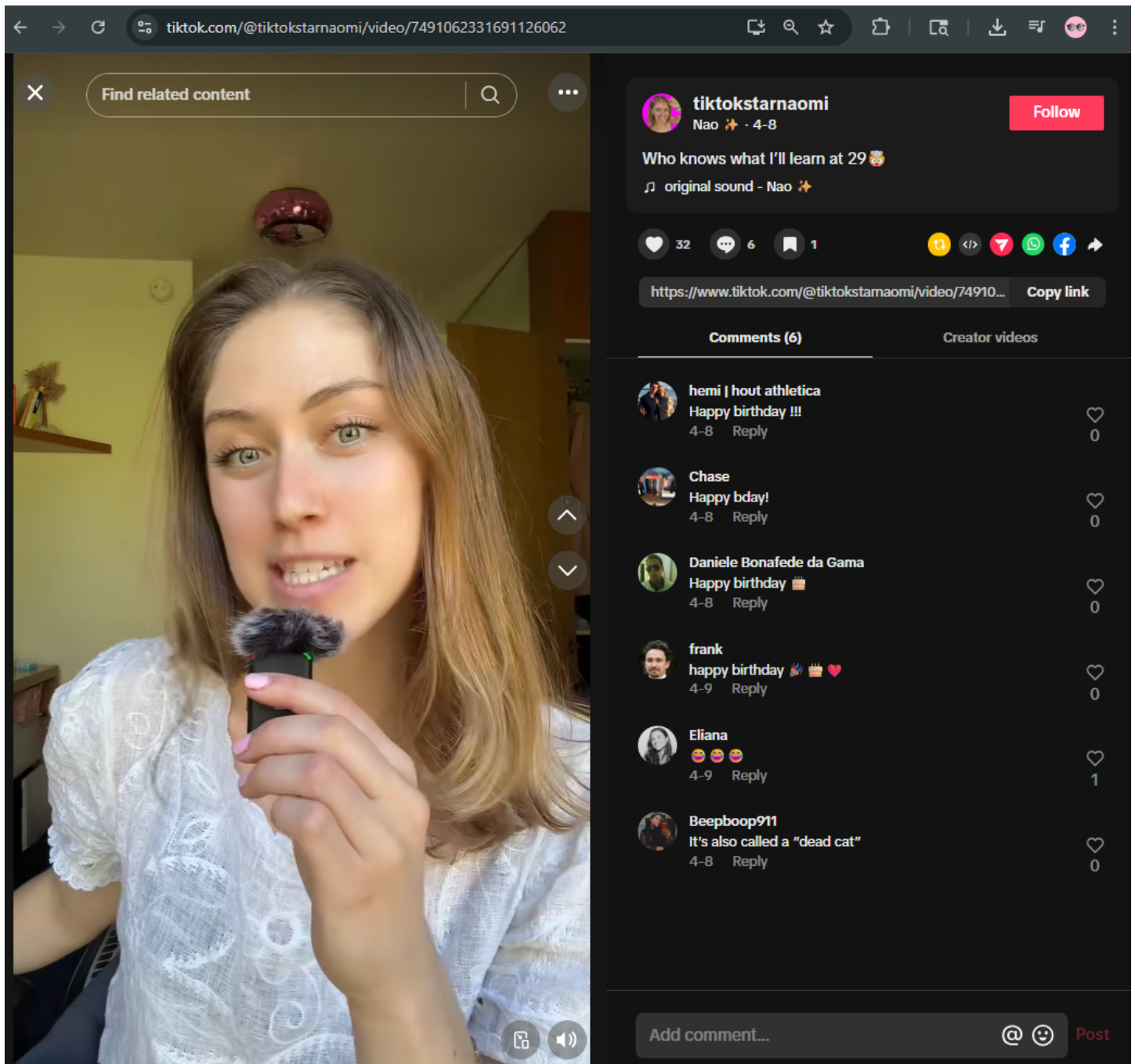
Confirmation of DOB "Who knows what I'll learn at 29?"



Posted: Apr 08, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645922](#)

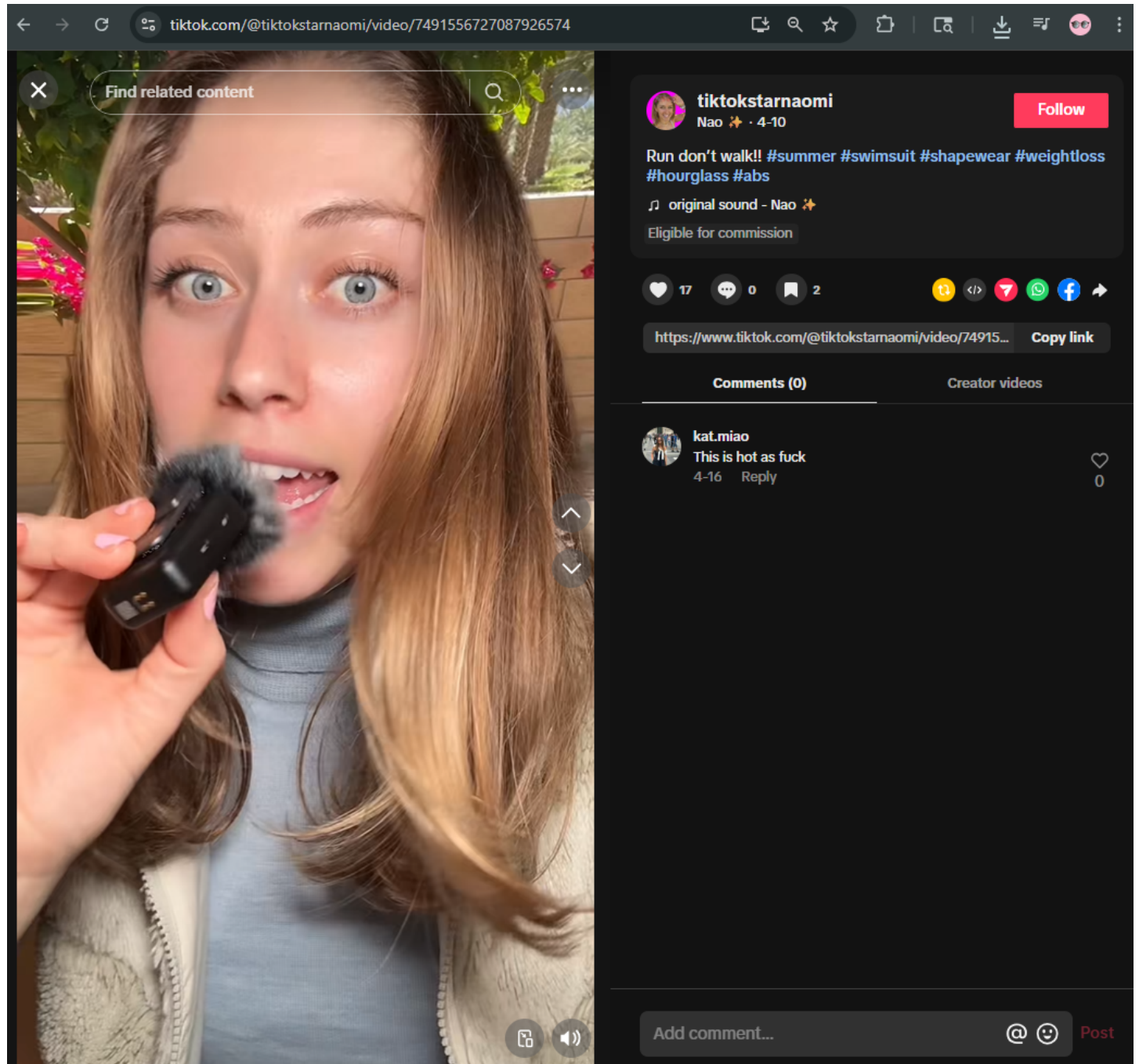
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7491556727087926574>

*After DOI*

"Run don't walk!! #summer #swimsuit #shapewear #weightloss #hourglass #abs"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 10, 2025

System ID: [645926](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7491768852959792430>


*After DOI*

Shared how she uses ChatGPT to complete her homework while cleaning her room "Do you have any favorite AI hacks? #productivity #ai #hack #homework #student #mba #chatgpt"



← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7491768852959792430 📷 🔍 ☆ 📷 📷 📷 📷 📷 📷 📷


✕ Find related content 🔍 ⋮



My ultimate productivity hack!

How I clean my room WHILE doing homework using ChatGPT

📷 🔊

 **tiktokstarnaomi**  
Nao 🌟 · 4-10 [Follow](#)


Do you have any favorite AI hacks? [#productivity](#) [#ai](#) [#hack](#) [#homework](#) [#student](#) [#mba](#) [#chatgpt](#)


🎵 original sound - Nao 🌟


👍 45 💬 3 📝 20 🎵 </> 📷 📷 📷 📷 📷

<https://www.tiktok.com/@tiktokstarnaomi/video/74917...> [Copy link](#)

**Comments (3)** Creator videos

 **andie**  
this is brilliant  
4-10 Reply 🍷 0

 **Eliana**  
Ok I thought this was going to be one of your parody videos at first but I am thoroughly impressed  
4-10 Reply 🍷 0

 **typebgirlbigworld**  
Amazing hack  
4-10 Reply 🍷 0

Add comment... @ 😊 [Post](#)

[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 645927



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7492115757346737454>

After DOI

Seen walking "Help me out friends" #advice #women #guidance #30s #single #mentorship



Posted: Apr 11, 2025



Captured: Sep 24, 2025

Find related content

60

24

6

tiktok.com/@tiktokstarnaomi/video/7492115757346737454

Copy link

Comments (24)

Creator videos

theplantbasedchemist

Hi! Felt the same when I was finished grad school. I would say be proactive about your health now, still live at grad school budget when you get a job and invest the rest for as long as you can.

4-11

Reply

Krystina

Do not feel rushed!! There's no wrong way to do life

4-12

Reply

sarsameow

Everything that sounds fun? Try it. Everything you can possibly imagine is real and you won't know what you love most until you get there

4-11

Reply

Marigold

Research how to stay in your feminine aura. Move slow, self care, invest in you! It's common at ur age to move towards masculine and it will tax the hell outta u!

4-11

Reply

من

Take care of your health! Focus on yourself and prioritize health and wellness. Invest in YOU and enjoy the process. 28 is a beautiful age

4-11

Reply

Add comment...

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645928](#)

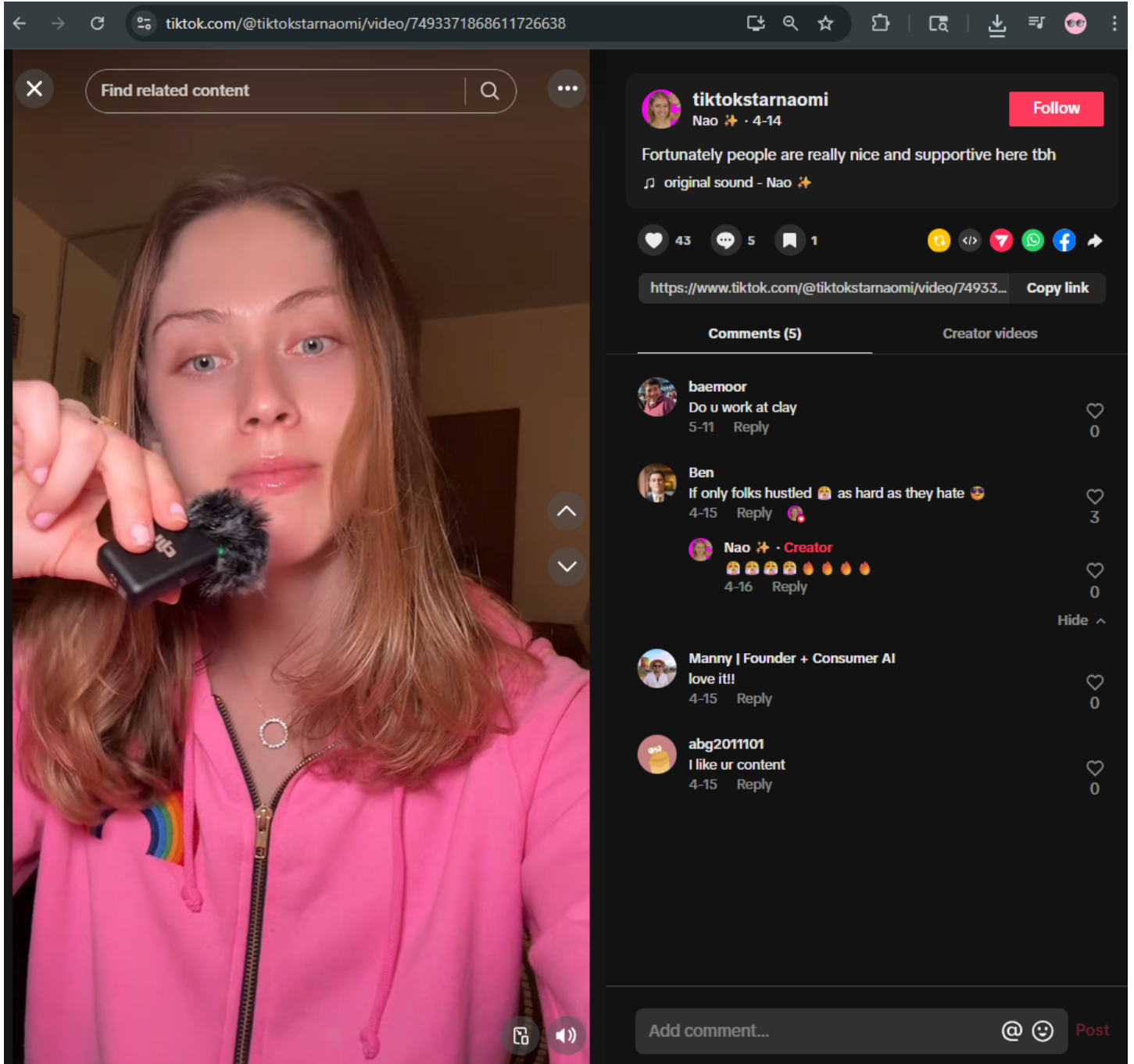
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7493371868611726638>

*After DOI*

"Fortunately people are really nice and supportive here tbh"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645929](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7493782567720717610>

*After DOI*

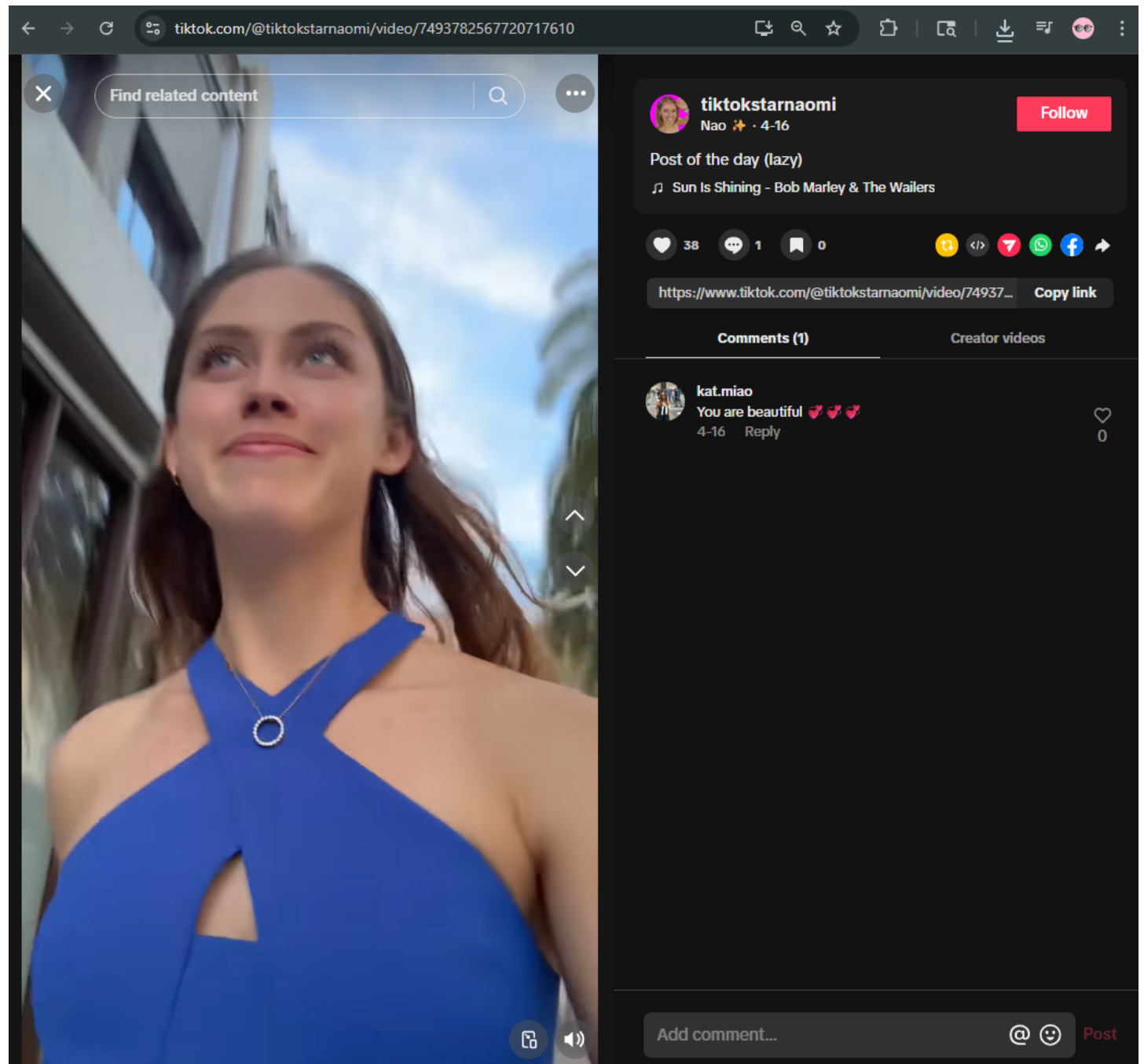
Seen walking "Post of the day (lazy)"



Posted: Apr 16, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 645930



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7493903595591437611>



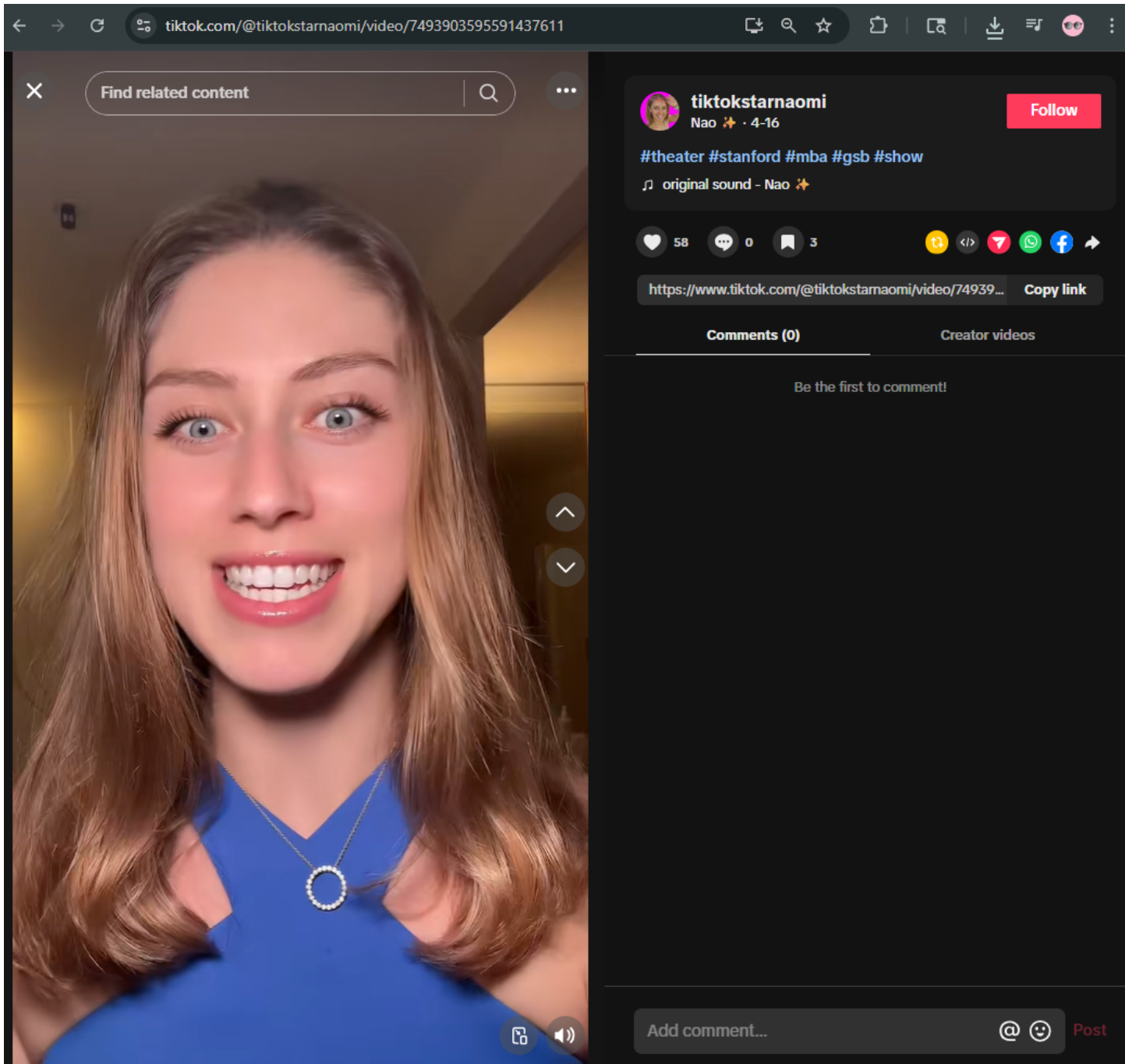
Posted: Apr 16, 2025



Captured: Sep 24, 2025

After DOI

Talked about how she was about to go see a play at Stanford "#theater #stanford #mba #gsb #show"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 17, 2025

System ID: [645932](#)



Captured: Sep 24, 2025



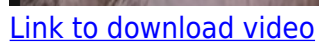
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7494313139899616555>

*After DOI*

Said that she was added to the TikTok Shop Affiliate Program "Really curious to hear everyone's thoughts!!!  
#tiktokshop #ecommerce #marketing #sales"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645935](#)

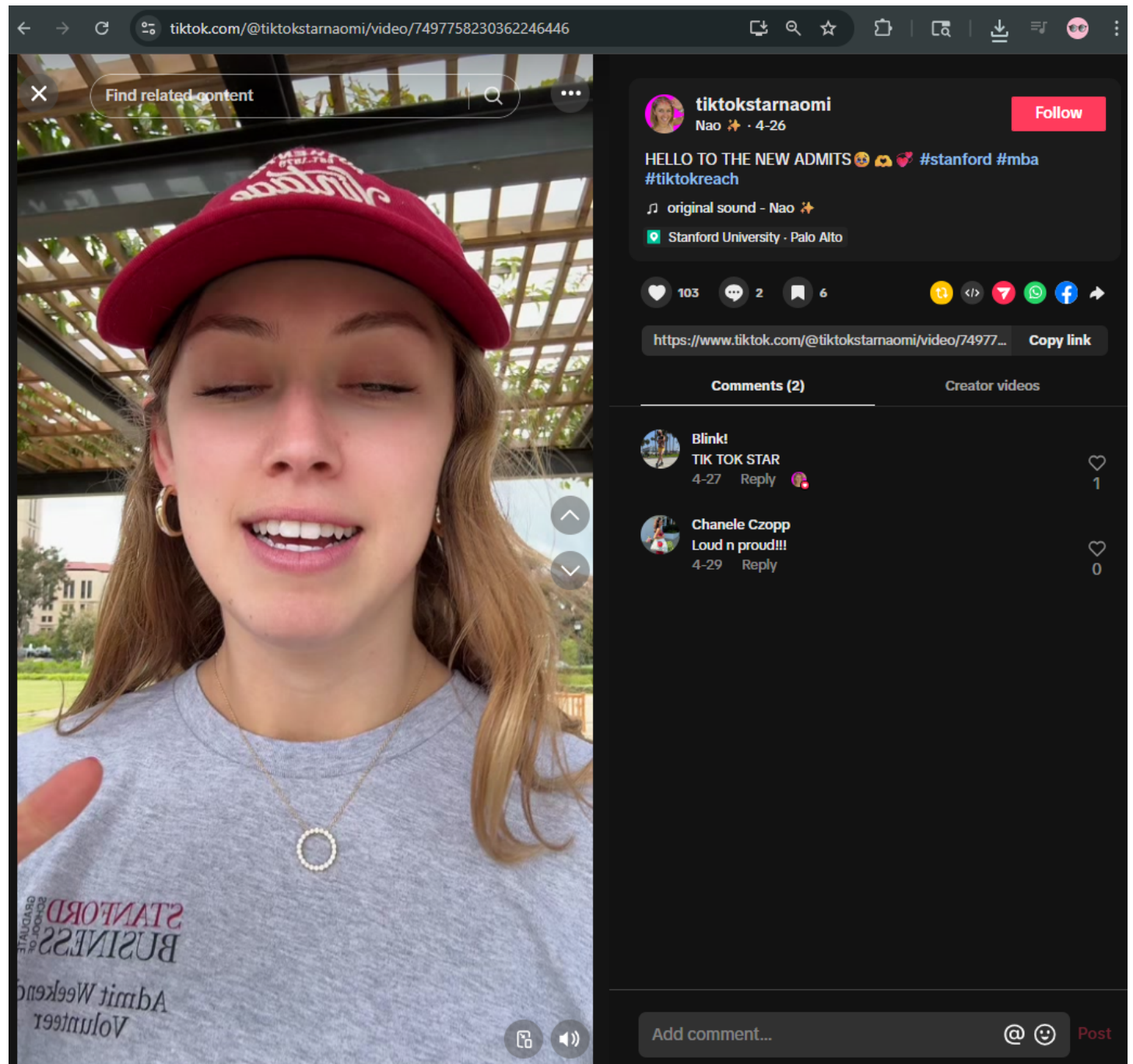
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7497758230362246446>

*After DOI*

"HELLO TO THE NEW ADMITS👋👋👋 #stanford #mba #tiktokreach"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Apr 29, 2025

System ID: [645938](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7498779048190037290>

*After DOI*

Mentioned that she was failing a class "The worlds worst content creator, at your service[] #adhd #why #help #contentcreator"


← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7498779048190037290 📷 🔍 ⭐ 📄 📄 📄 📄 📄 📄 📄 📄

✕ Find related content 🔍 ⋮



WHY AM I LIKE THIS

📄 🔊

 **tiktokstarnaomi**  
Nao 🌟 · 4-29 Follow


The worlds worst content creator, at your service 🤖🤖 #adhd #why #help #contentcreator

🎵 original sound - Nao 🌟

👍 36 💬 4 📄 2 🎵 </> 📄 📄 📄 📄 📄 📄


<https://www.tiktok.com/@tiktokstarnaomi/video/74987...> Copy link

**Comments (4)** Creator videos




**Nicole F. | Sensory Stories**  
This is a common adhd/autistic experience. Maybe something to look into. ❤️❤️  
6-19 Reply

👍 0




**Cloud**  
girl same 🤖🤖 its so hard to explain to people  
4-29 Reply

👍 1



**andie**  
if you figure out why lets us know plzzz 🤖  
4-29 Reply

👍 1



**Chanele Czopp**  
If you figure it out lmk bc SAME  
5-4 Reply

👍 0

Add comment... @ 😊 Post

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645940](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7498919011502066990>

*After DOI*

"Do these surprise you? #creatorinsights #creatoreconomy #creator #tiktok #trends #insights"

tiktok.com/@tiktokstarnaomi/video/7498919011502066990

X Find related content Q ...

**Top 3 Creator Economy Takeaways**

be - April 2025

**3 must-know creator insights from meeting with execs from TikTok, YouTube, and Adobe**

+ 🔊

**tiktokstarnaomi**  
Nao 🌟 · 4-29 Follow

Do these surprise you? #creatorinsights #creatoreconomy  
#creator #tiktok #trends #insights

🎵 original sound - Nao 🌟

❤️ 29 💬 1 📄 8 🔄 </> 🚫 🗨️ ➦

<https://www.tiktok.com/@tiktokstarnaomi/video/74989...> Copy link

**Comments (1)** Creator videos

**benedettativeron**  
so useful Nao!!  
4-29 Reply ❤️ 0

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: May 02, 2025

System ID: [645942](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7499764199439027498>

*After DOI*

Seen sitting and doing her makeup "Let's all ignore the abrupt change in the video. Apparently the influencer life is not for me #diml #grwm #stanford"

tiktok.com/@tiktokstarnaomi/video/7499764199439027498

Find related content

Follow for more

Stanford MBA Day in the Life

tiktokstarnaomi  
Nao 🌟 · 5-2

Follow

Let's all ignore the abrupt change in the video. Apparently the influencer life is not for me #diml #grwm #stanford

original sound - Nao 🌟

52 3 8

<https://www.tiktok.com/@tiktokstarnaomi/video/74997...> Copy link

Comments (3) Creator videos

Léa  
Ugh do I need to go to b school now 🌟🥰  
5-3 Reply 0

ImSolamedude  
Are you still doing diy on the house?  
5-5 Reply 0

brand manager  
Hey 🌟! I'm having trouble sending you messages here. Could you text me 📱🥰? I have something exciting to discuss about collaboration! 🥰  
5-2 Reply 0

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645943](#)

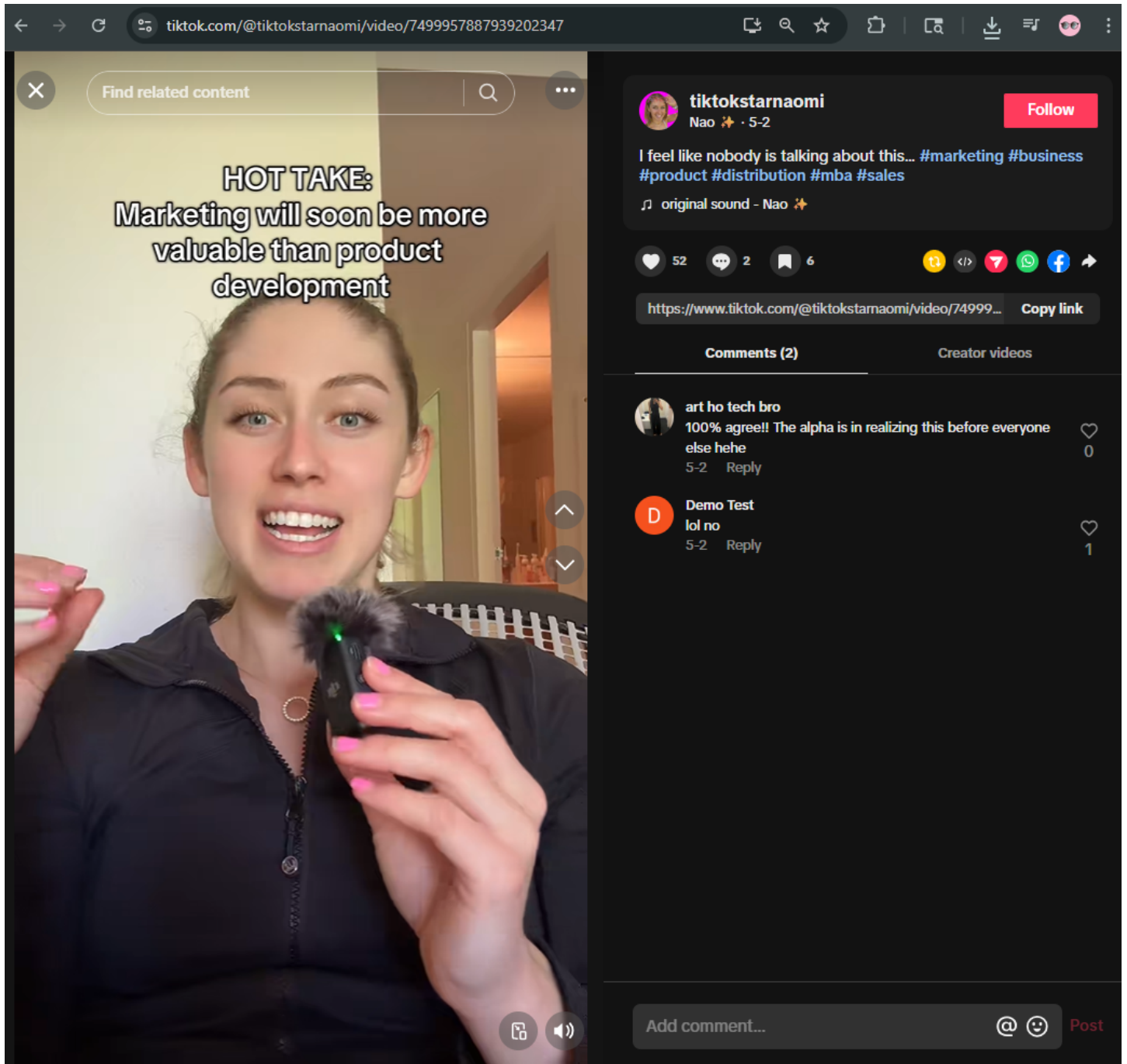
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7499957887939202347>

*After DOI*

"I feel like nobody is talking about this... #marketing #business #product #distribution #mba #sales"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: May 06, 2025

System ID: [645948](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



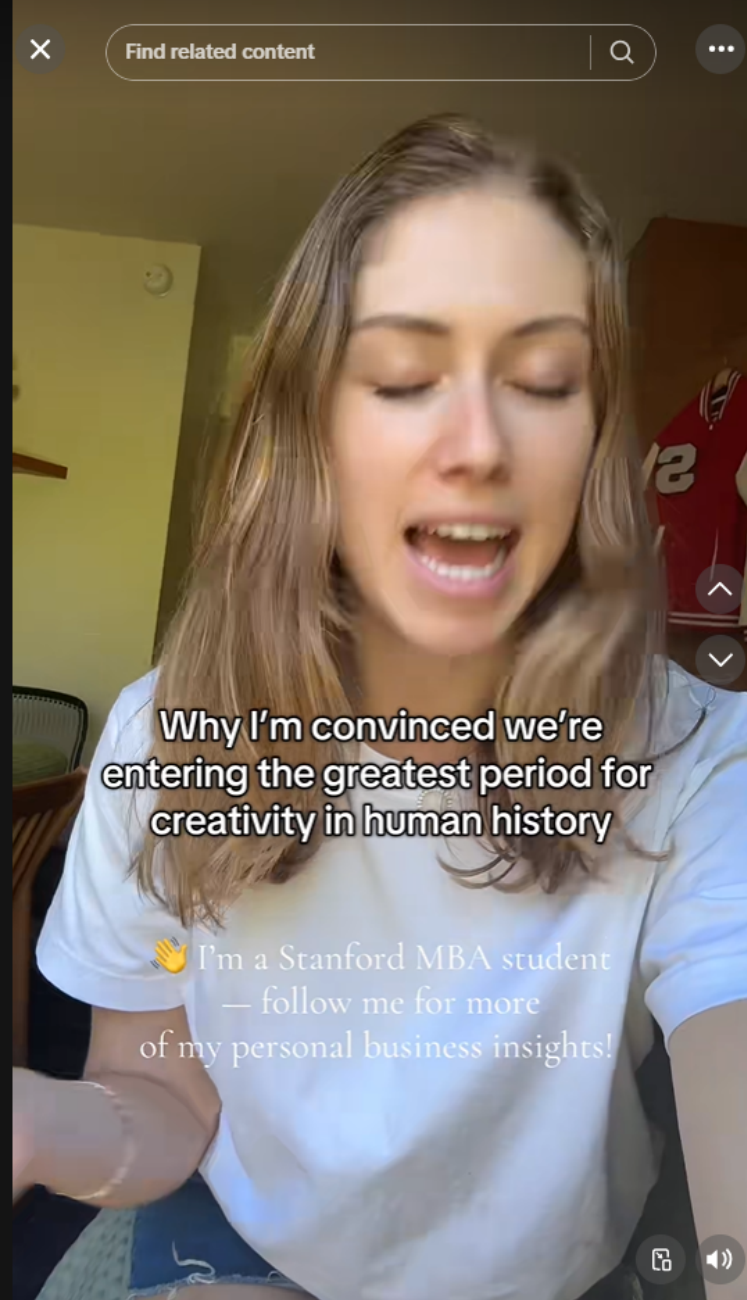
<https://www.tiktok.com/@tiktokstarnaomi/video/7501200122747833642>

*After DOI*

"Last one is a hot take but \"\_()\_\" #content #prediction #business #creativity #ai #tech #mba  
#stanford"


← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7501200122747833642 📷 🔍 ☆ 📷 📷 📷 📷 📷 📷 📷

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Why I'm convinced we're entering the greatest period for creativity in human history

👉 I'm a Stanford MBA student — follow me for more of my personal business insights!

 **tiktokstarnaomi**  
Nao 🌟 · 5-6 [Follow](#)



Last one is a hot take but \\_(ツ)\_/ #content #prediction #business #creativity #ai #tech #mba #stanford

🎵 original sound - Nao 🌟

👍 67 💬 1 📌 13 🎵 </> 📷 📷 📷 📷 📷

<https://www.tiktok.com/@tiktokstarnaomi/video/75012...> [Copy link](#)

**Comments (1)** [Creator videos](#)

 **Fed**  
I'm not up on medication names. Isn't #4 heartburn medicine? I'm lost  
5-6 Reply  0

@ 😊 [Post](#)

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645949](#)

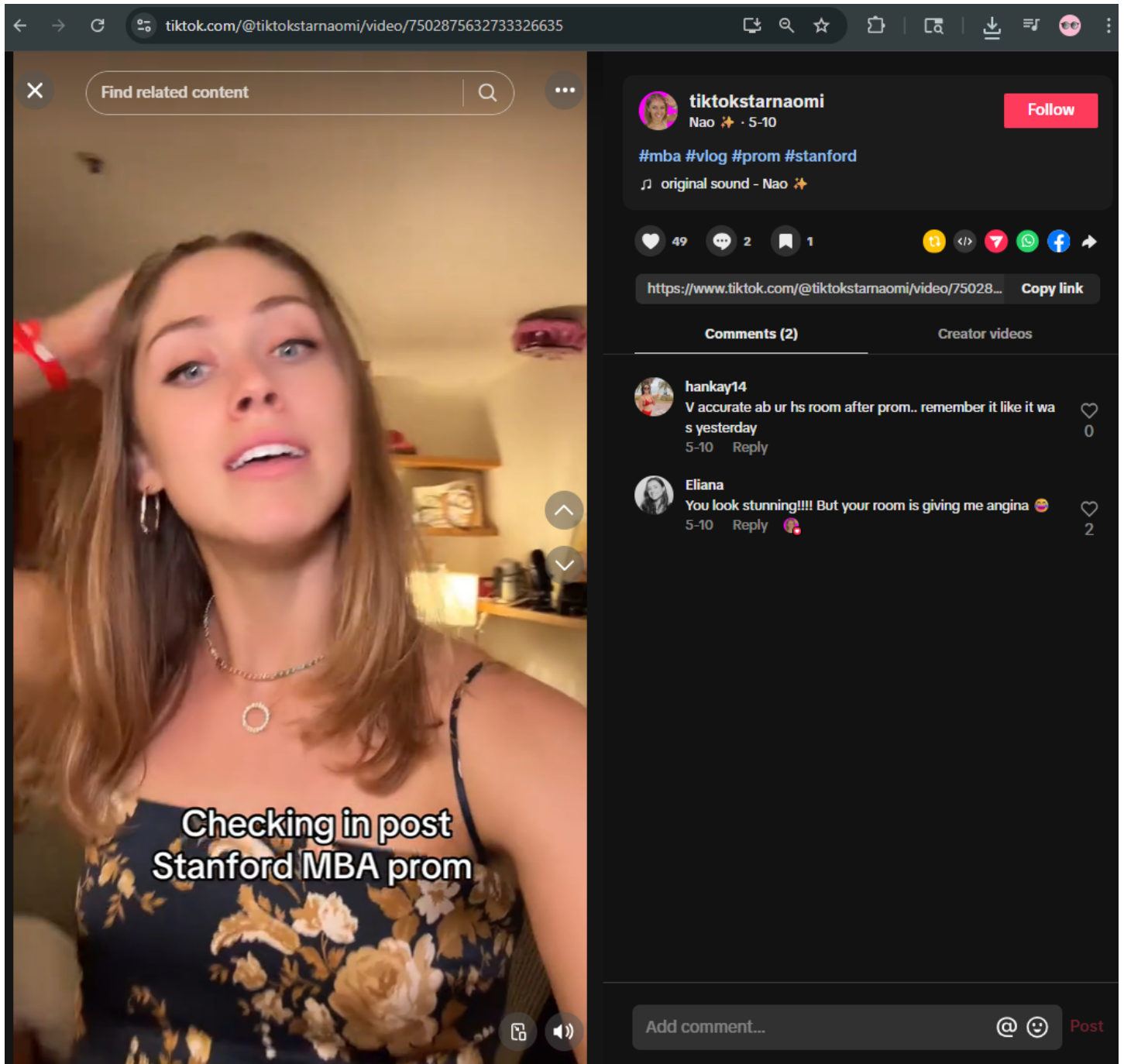
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7502875632733326635>

*After DOI*

Mentioned that she had just gotten back from Prom at Stanford "#mba #vlog #prom #stanford"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: May 14, 2025

System ID: [645953](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7504449252496657710>

*After DOI*

Video of a party in a her dorm's laundry room at Stanford "#boilerroom #rave #student #party #stanford #mba"

tiktok.com/@tiktokstarnaomi/video/7504449252496657710

Find related content

Q

...

tiktokstarnaomi

Nao · 5-14

#boilerroom #rave #student #party #stanford #mba

original sound - Nao

51

1

1

https://www.tiktok.com/@tiktokstarnaomi/video/7504...

Copy link

Comments (1)

Creator videos

Ro

LOL

5-15

Reply

0

Add comment...

@

😊

Post

School Hack:  
Your dorm's laundry room is  
the ideal spot for a secret  
boiler room rave 🐼💕

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645954](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7512807340869979435>

*After DOI*

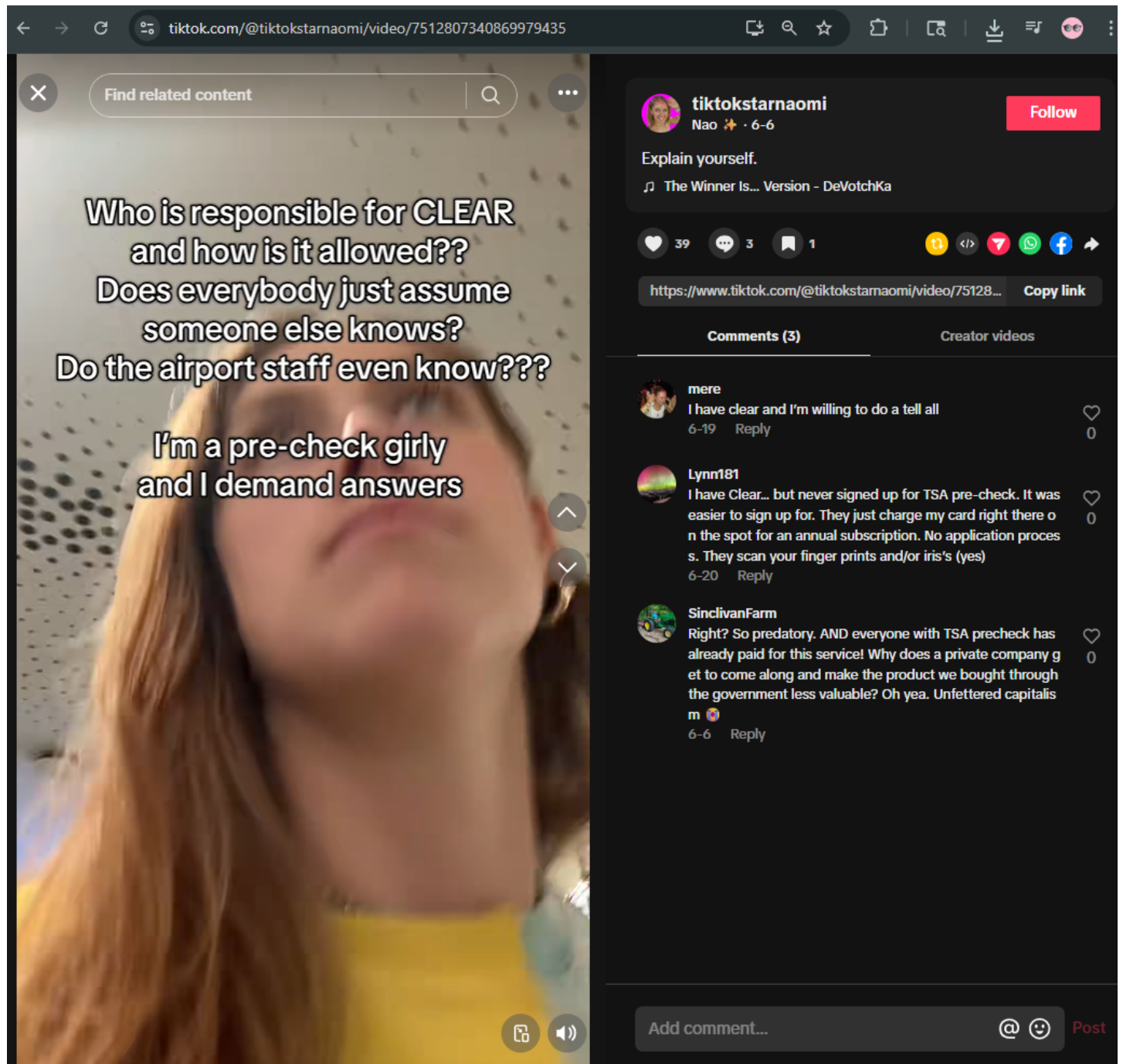
Seen walking in an airport "Explain yourself."



Posted: Jun 06, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645957](#)

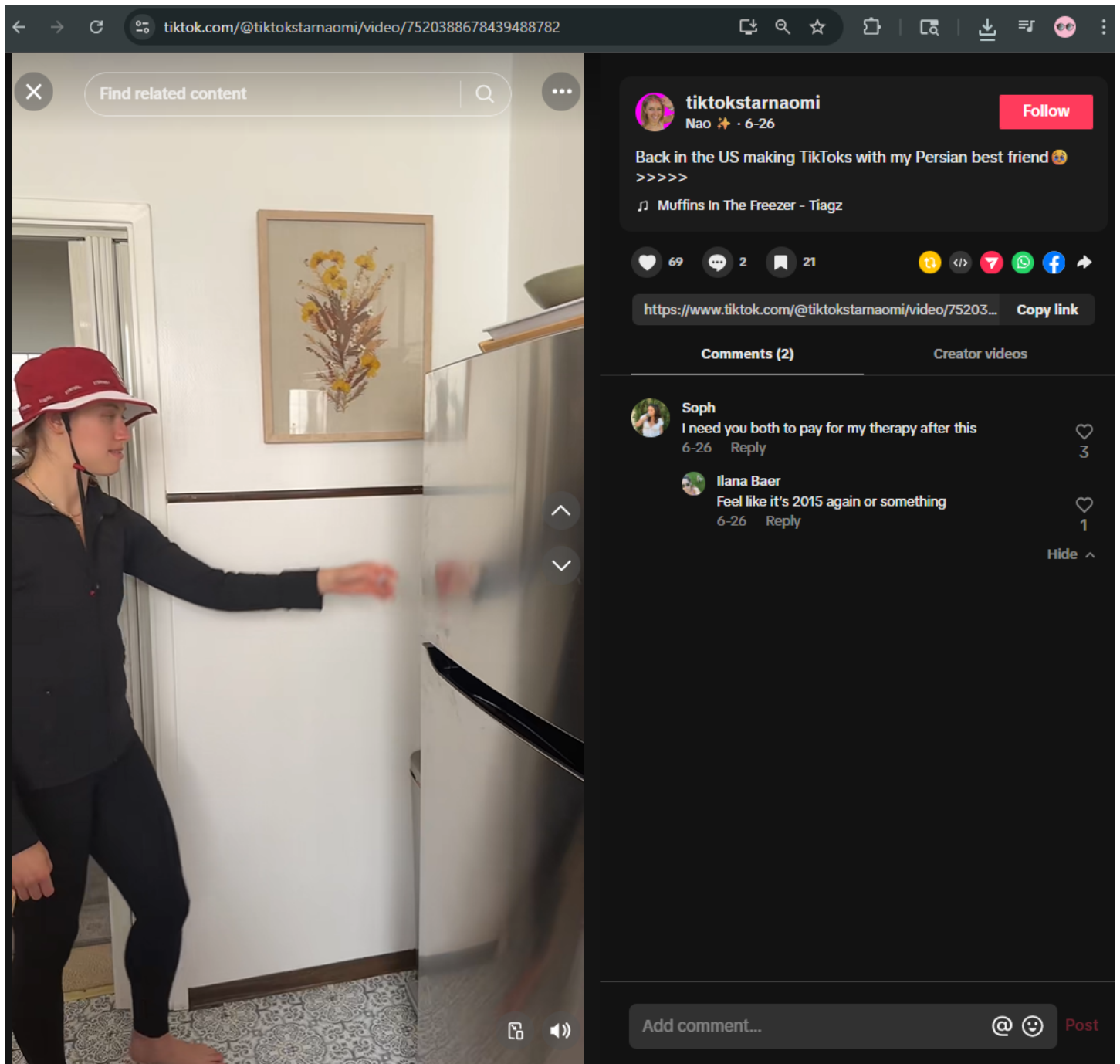
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7520388678439488782>

*After DOI*

Mentioned she was back in the US "Back in the US making TikToks with my Persian best friend[]>>>>"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645959](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7520471805501377805>

*After DOI*

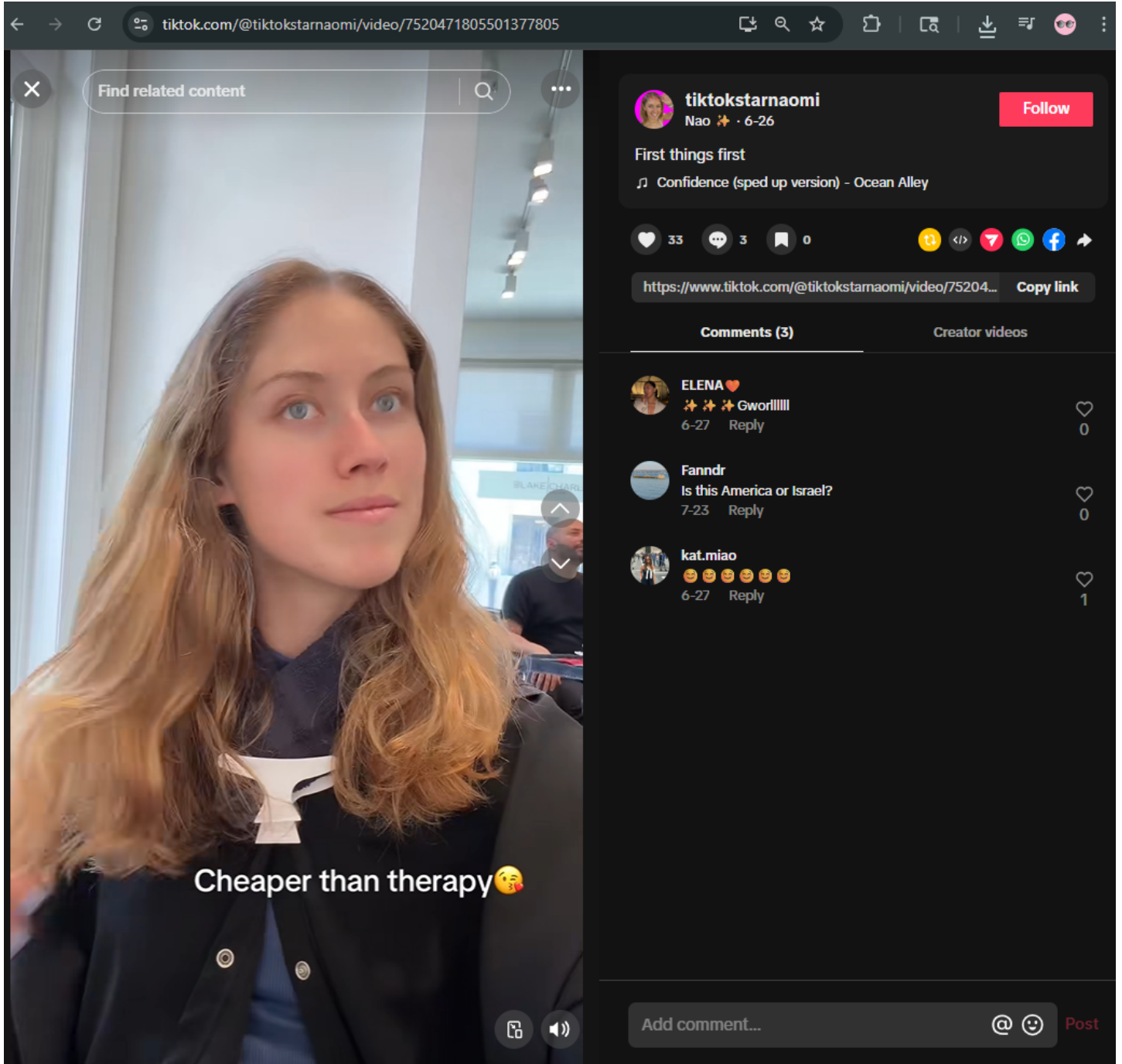
"First things first"



Posted: Jun 26, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645960](#)

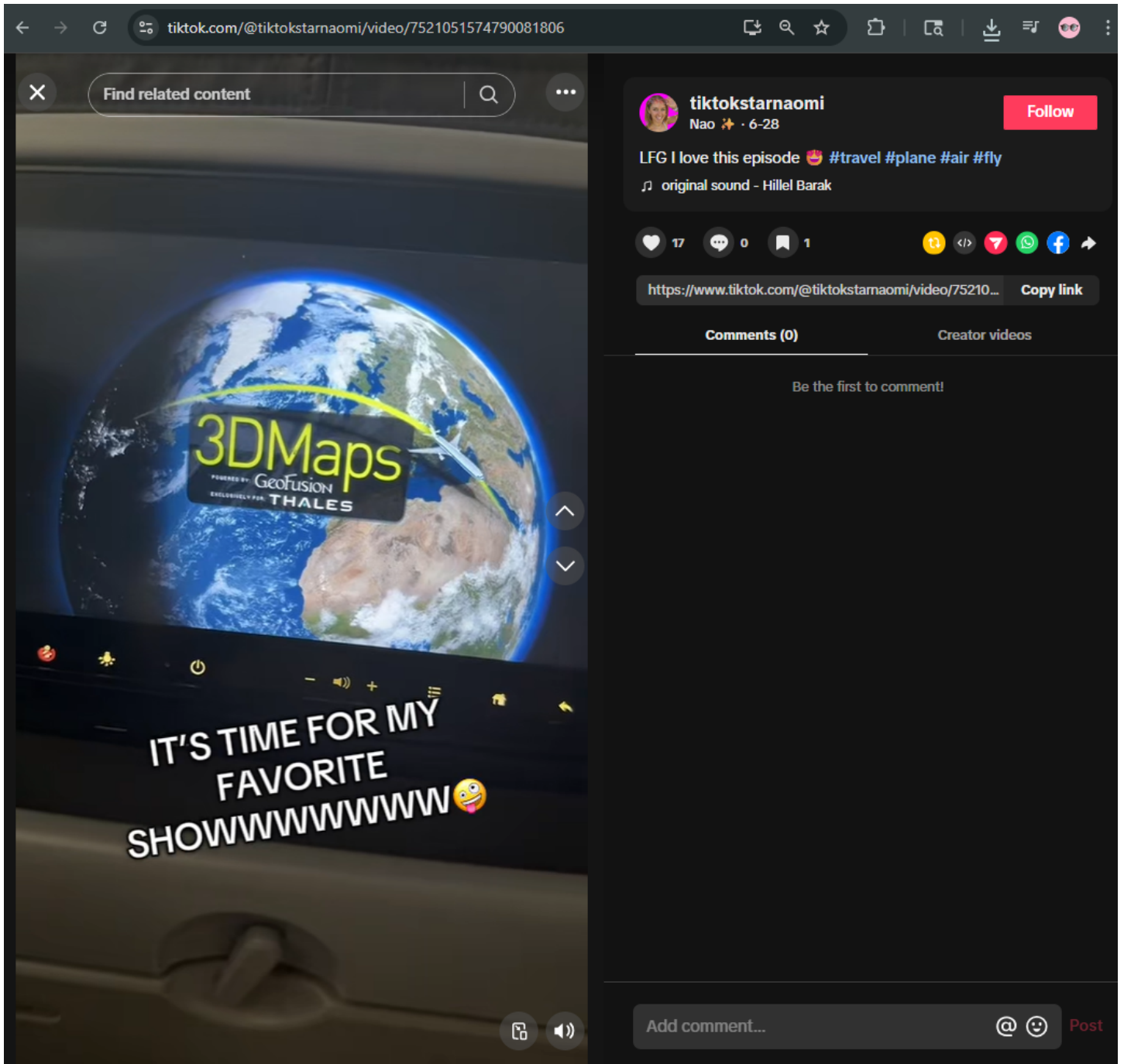
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7521051574790081806>

*After DOI*

Seen on a plane "LFG I love this episode ☺ #travel #plane #air #fly"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645962](#)

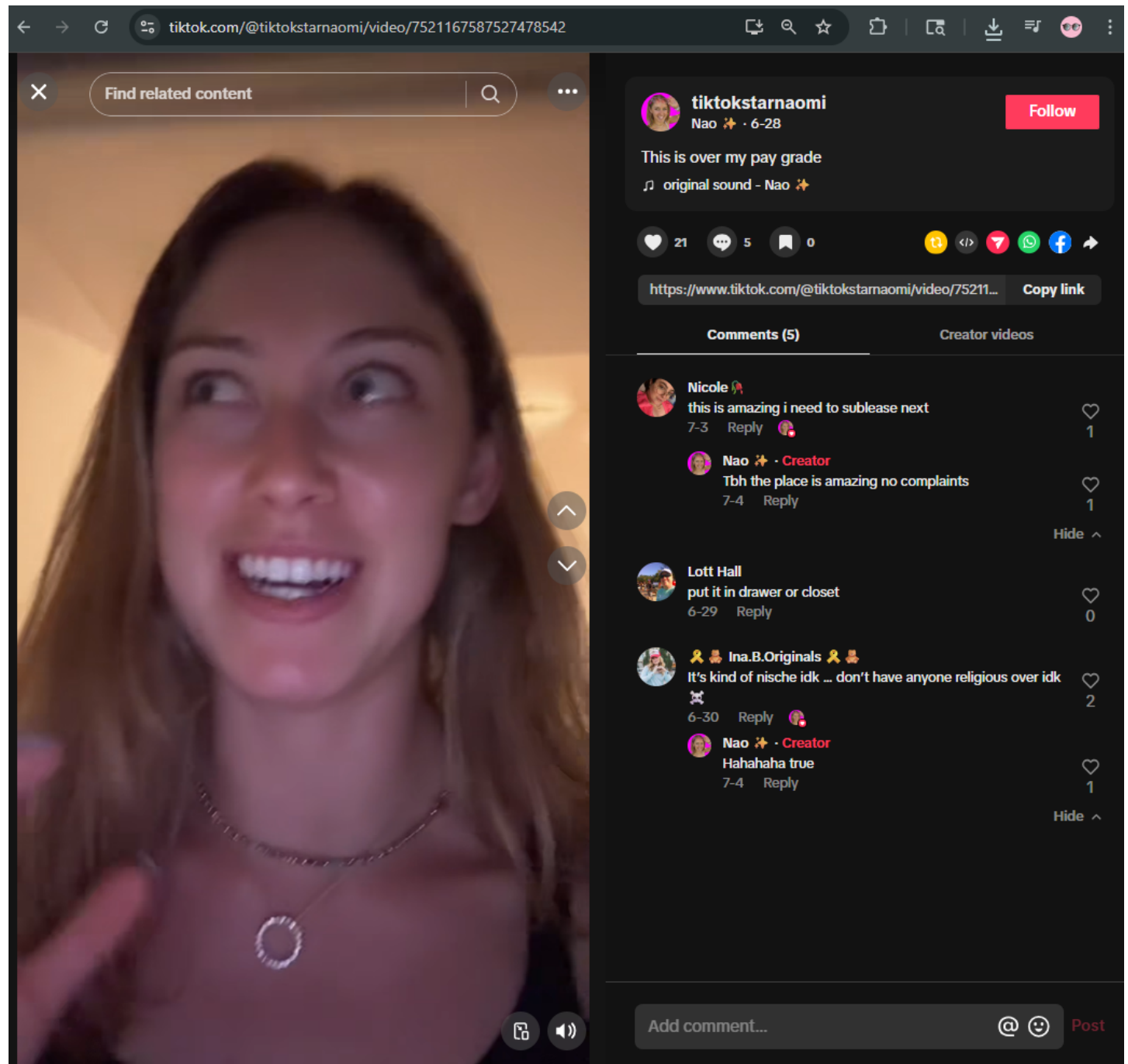
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7521167587527478542>

*After DOI*

Seen walking and mentioned she was subleasing an apartment in New York



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645963](#)

Naomi Ellen Baer




<https://www.tiktok.com/@tiktokstarnaomi/video/7521494461826747661>

*After DOI*

Showed her outfit for her first night in New York City; walked and lifted her legs "First night in NYC #ootd"


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...

...

 **tiktokstarnaomi**  
Nao · 6-29

Follow


First night in NYC #ootd

original sound - Nao

27

4

2




<https://www.tiktok.com/@tiktokstarnaomi/video/75214...>


Copy link

Comments (4)


Creator videos

 **Paige Vermeer**  
Uhm wait you moved here?? I literally just moved here (today)  
7-1 Reply

1

 **Ina.B.Originals**  
Love the top  
6-30 Reply

0

 **Nao · Creator**  
Thank you!!! Feel like I need to find better pants or a different skirt to go with it  
7-1 Reply

0

View 1 more

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645968](#)

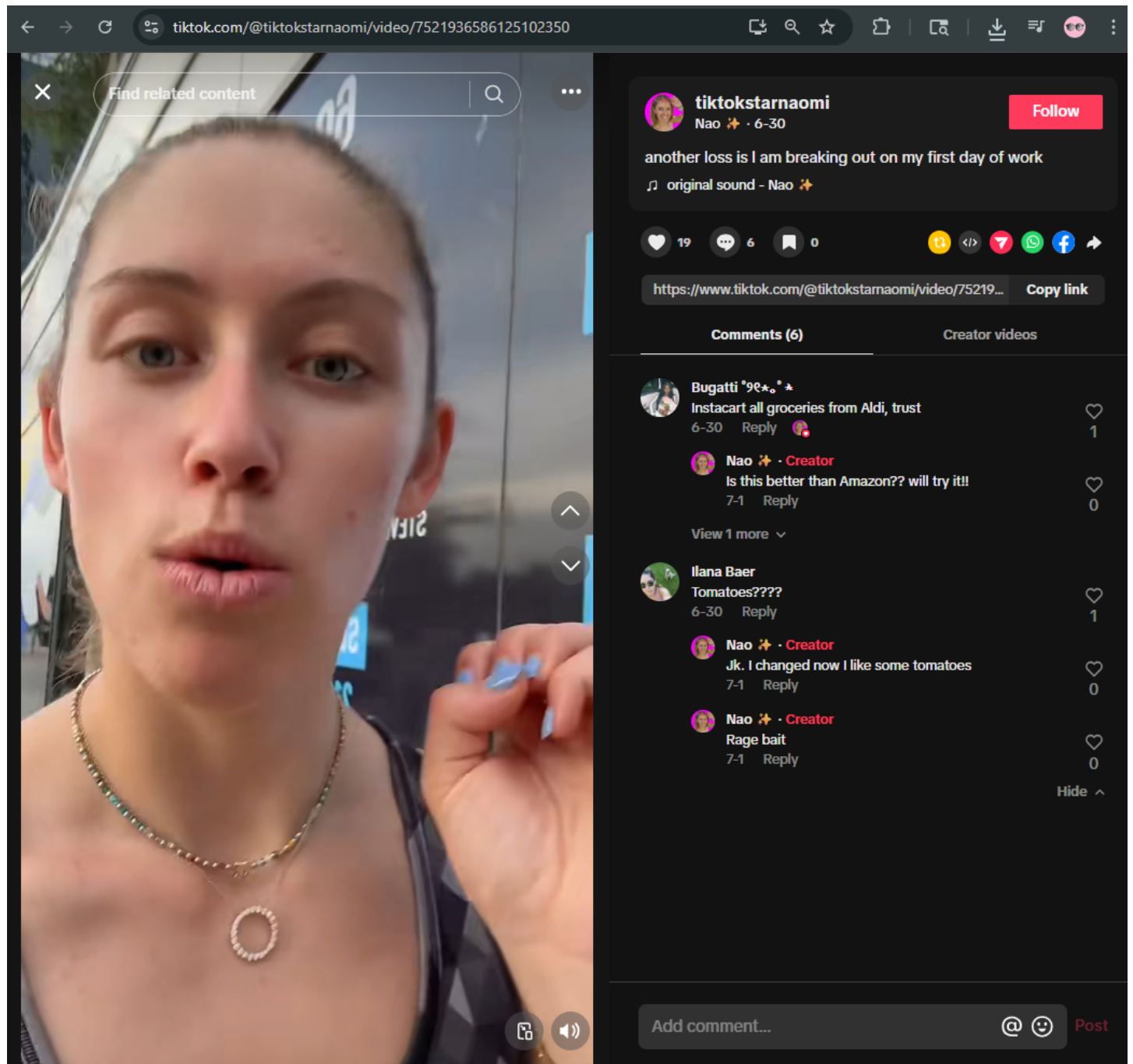
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7521936586125102350>

*After DOI*

Seen walking "another loss is I am breaking out on my first day of work"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [645965](#)

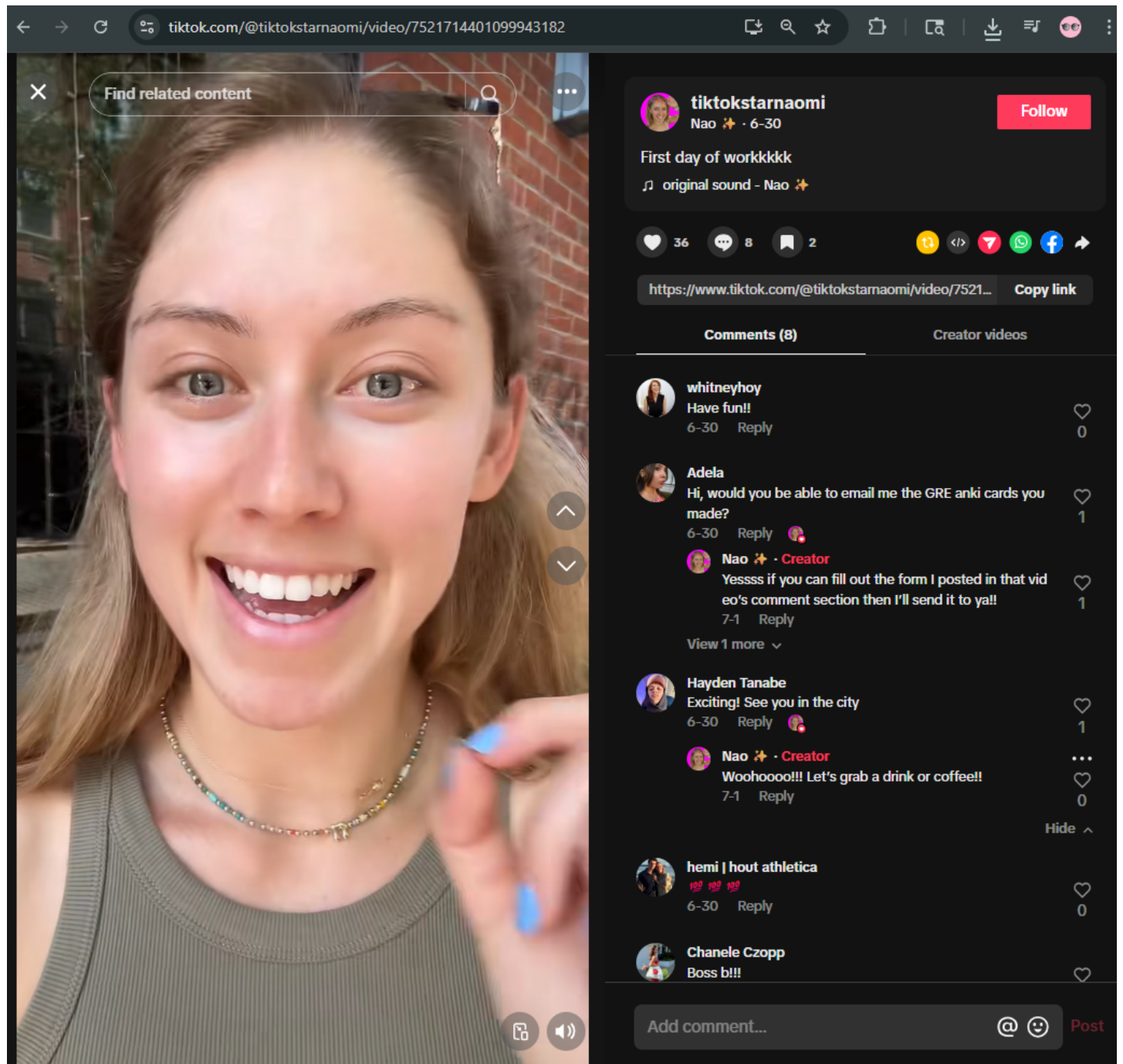
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7521714401099943182>

*After DOI*

Shared that she was starting work at a "consumer accelerator" while walking "First day of workkkkk"



[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 645970



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7522081499718470926>

After DOI

Showed her outfit for her first day or work "First day of work!!!"

←

→

↺

tiktok.com/@tiktokstarnaomi/video/7522081499718470926

Find related content

tiktokstarnaomi

Nao · 7-1

Follow

First day of work!!!

original sound - Nao

17

0

0

<https://www.tiktok.com/@tiktokstarnaomi/video/7522081499718470926>

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Comments (0)

Creator videos

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# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 02, 2025

System ID: [645975](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7522492501991656718>

*After DOI*

Walked and moved around while she showed her outfit she wore while working from home; it included compression socks "Let me know what you think ☺️#ootd #wfh"

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7522492501991656718

Find related content 🔍



14 1 0

https://www.tiktok.com/@tiktokstarnaomi/video/75224... Copy link

Comments (1) Creator videos

**whitneyhoy**  
On point 🍌🍌  
7-2 Reply

Add comment... @ 😊 Post

[Link to download video](#)



# TikTok

@tiktokstarnaomi

System ID: 645971



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/photo/7522464826707201294>



Posted: Jul 02, 2025



Captured: Sep 24, 2025

After DOI

Pictured on a sidewalk and wearing a backpack after she rode a subway in NYC "Sweat my face off though"

Find related content

17

3

0

Copy link

Comments (3)

Creator videos

kat.miao

SMALL WINS!!

7-9

Reply

0

Ilana Baer

CA girl doing BIG things

7-2

Reply

1

Nao

Up and coming!!!

7-5

Reply

0

Hide

Add comment...

@

Post

Rode the NYC subway 2 spots and didn't f\*ck it up!!!! I deserve a \$7 iced coffee

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [645977](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7522560415998414135>

*After DOI*

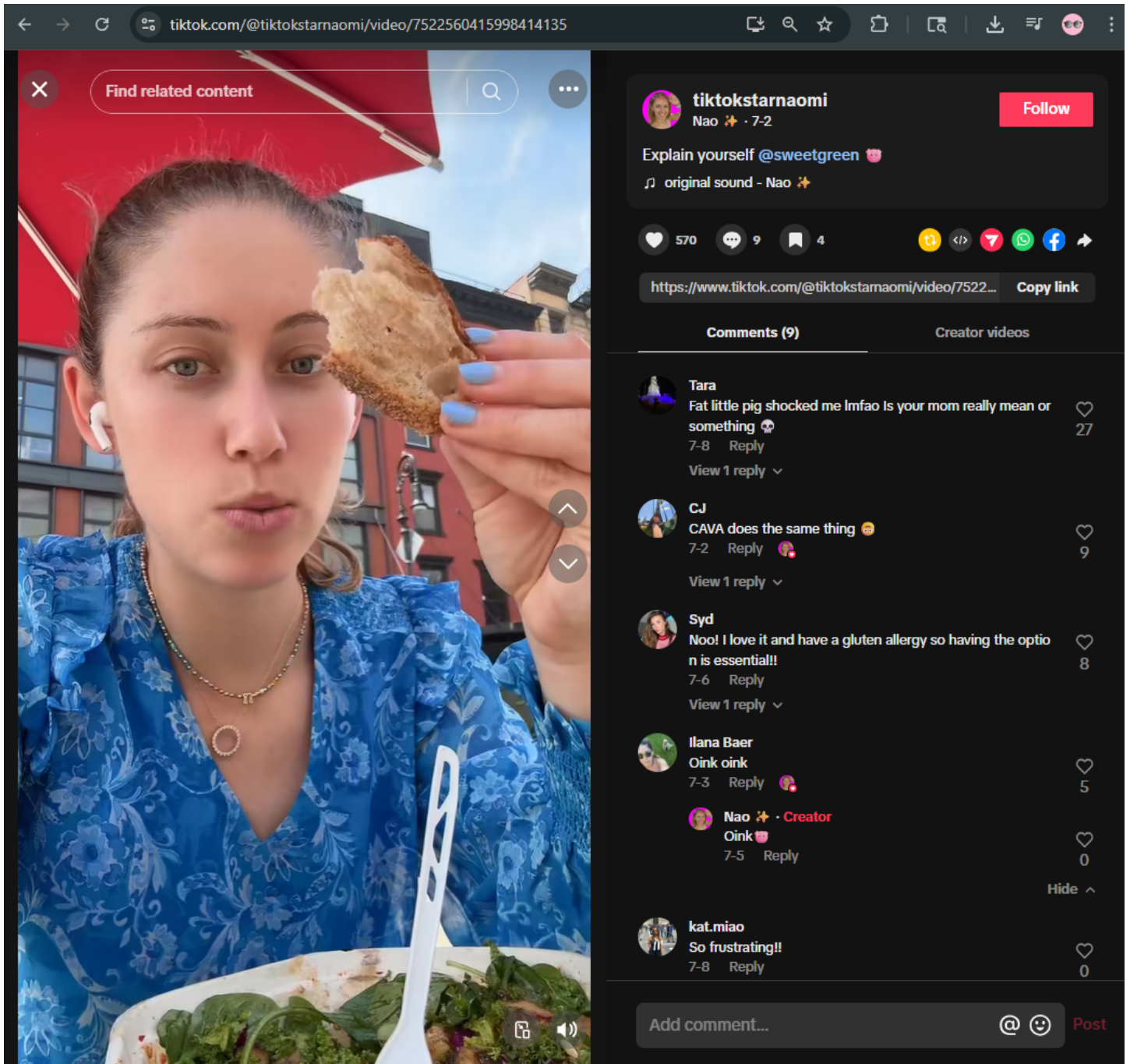
"Explain yourself @sweetgreen ☐"



Posted: Jul 02, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

@tiktokstarnaomi

System ID: 645979



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7522982609542974775>

After DOI

Seen walking "Becoming a roast pig between this and my sweet green bread"



Posted: Jul 03, 2025



Captured: Sep 24, 2025

←

→

↺

tiktok.com/@tiktokstarnaomi/video/7522982609542974775

X

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tiktokstarnaomi

Nao · 7-3

Follow

Becoming a roast pig between this and my sweet green bread

original sound - Nao

25

2

1

<https://www.tiktok.com/@tiktokstarnaomi/video/7522982609542974775>

Copy link

Comments (2)

Creator videos

kat.miao

Your hair looks amazing

7-9 · Reply

0

VainSoftGames

Who's pumping hot air? 🤔🤔🤔

7-3 · Reply

0

Add comment...

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# TikTok

@tiktokstarnaomi

System ID: 645982



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7523250127562149134>

After DOI

"☐☐ ☐ ☐☐♀"



Posted: Jul 04, 2025



Captured: Sep 24, 2025

←

→

↺

tiktok.com/@tiktokstarnaomi/video/7523250127562149134

×

Find related content

⋮

tiktokstarnaomi

Nao 🌟 · 7-4

US 🇺🇸 🌟

🎵 original sound - Nao 🌟

11

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<https://www.tiktok.com/@tiktokstarnaomi/video/7523250127562149134>

Copy link

Comments (3)

Creator videos

mere

It is givingggggg

7-4   Reply

1

ELENA ❤️

🤔🤔🤔

7-15   Reply

0

Nicole 🌟

humidity might be clearing out pores

7-4   Reply

1

Add comment...

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645983](#)

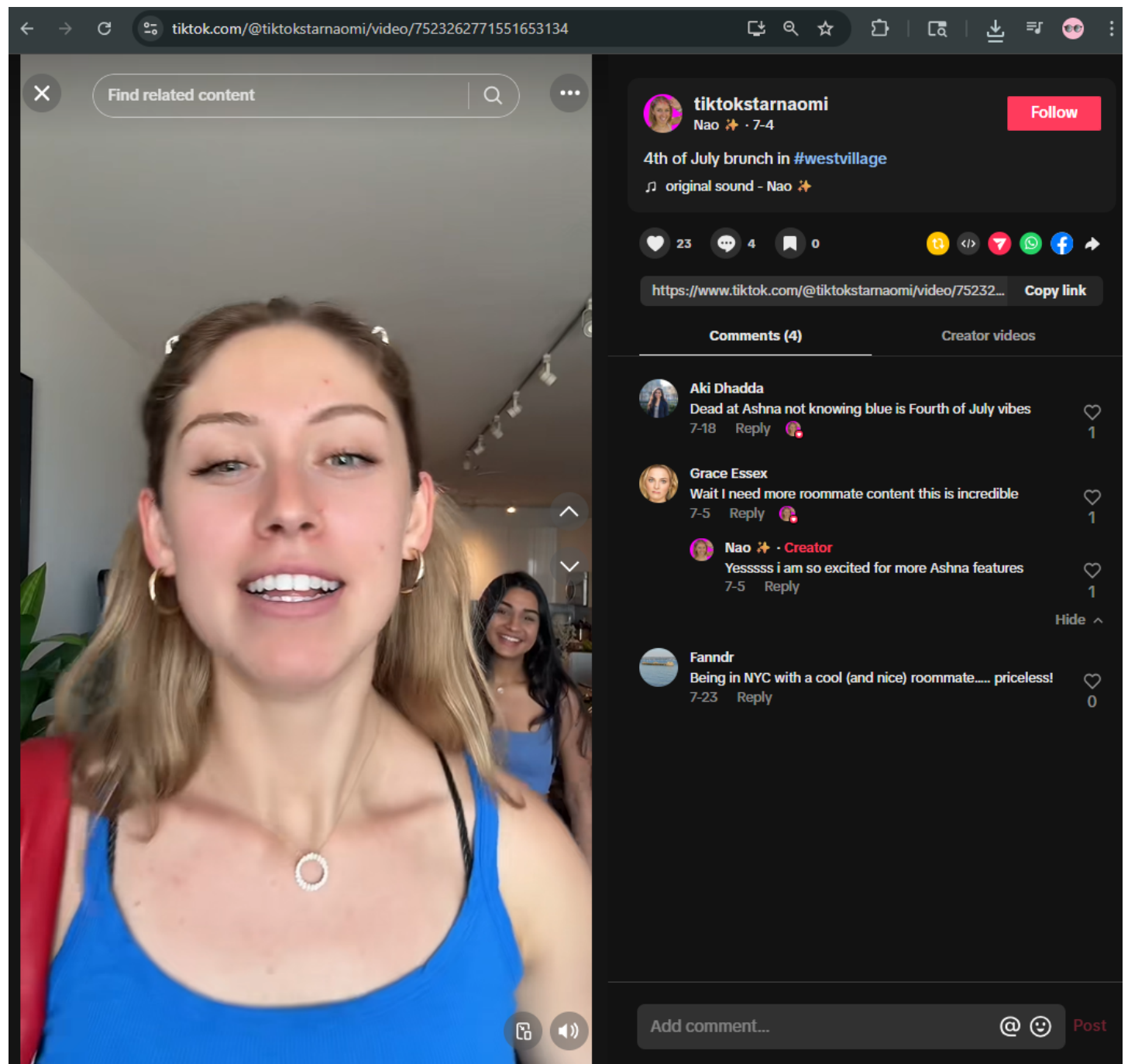
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7523262771551653134>

*After DOI*

Showed her outfit with her roommate "4th of July brunch in #westvillage"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 06, 2025

System ID: [645988](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7523931769377230093>

*After DOI*

While walking to Pilates, she mentioned she took ZzzQuil every night but did not take them the night before  
"Maybe a signal of success, maybe a call for help"

tiktok.com/@tiktokstarnaomi/video/7523931769377230093

Find related content

00:00/00:59

tiktokstarnaomi

Nao · 7-6

Follow

Maybe a signal of success, maybe a call for help

original sound - Nao

26

6

0

https://www.tiktok.com/@tiktokstarnaomi/video/7523...

Copy link

Comments (6)

Creator videos

SSP BOSS

What a horrible thing to take, it 2025 eat a gummy

7-6 Reply

0

Fanndr

Advil PM..... works for me.

7-23 Reply

0

LoriStrickland

Hi babes. No judgment at all. I'm also a problem sleeper. Holding your hands while I tell you if it's that hard to fall asleep, you likely have anxiety. There are ways to manage the anxiety so you won't need the sleeping meds. You've done such a great job prioritizing sleep. Get to the bottom of the anxiety.

7-6 Reply

0

Elvis Vereance Burrows as

Zquil is just Benadryl fyi. You can just buy the cheaper store brand "diphenhydramine" for like \$2 for 50 pills. So it's an allergy med with a side effect of drowsiness

7-6 Reply

2

G

!!! I stand by being anti-anything that helps you sleep (unless like medically necessary) look into the studies about Nyquil causing dementia

7-6 Reply

0

Add comment...

@

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 07, 2025

System ID: [645991](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7524193784008051982>

*After DOI*

Seen walking after she went, with a friend, to Don Angie in New York, New York "Normalizing sharing food with neighboring tables"





[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 08, 2025

System ID: [645994](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7524767376332606734>

*After DOI*

Showed her outfit and mentioned she put on shoes that were good for walking "Not a great first impression for this early in my internship tbh #ootd"

tiktok.com/@tiktokstarnaomi/video/7524767376332606734

Find related content

Q

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WhatsApp

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➔

https://www.tiktok.com/@tiktokstarnaomi/video/7524...

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Comments (7)

Creator videos

karla.p.olguin

I bet you were comfortable AF tho! 🤔

7-8 Reply

0

Doug Baer

I think you look great

8-4 Reply

0

BadPersonalityBB

Nah, this is cool.

7-8 Reply

0

kat.miao

Your nails look amazing

7-8 Reply

0

KrimeDawg8

Young and beautiful. Looks adorable to me

7-8 Reply

...

0

kat.miao

Ily

7-8 Reply

0

SOPHIE HEATON

I fear u rock it anyway

0

Add comment...

@

😊

Post

Not a great first impression for this early in my internship tbh #ootd

original sound - Nao ✨

SoHo

30

7

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ti

</>

7

WhatsApp

f

➔

https://www.tiktok.com/@tiktokstarnaomi/video/7524...

Copy link

Comments (7)

Creator videos

karla.p.olguin

I bet you were comfortable AF tho! 🤔

7-8 Reply

0

Doug Baer

I think you look great

8-4 Reply

0

BadPersonalityBB

Nah, this is cool.

7-8 Reply

0

kat.miao

Your nails look amazing

7-8 Reply

0

KrimeDawg8

Young and beautiful. Looks adorable to me

7-8 Reply

...

0

kat.miao

Ily

7-8 Reply

0

SOPHIE HEATON

I fear u rock it anyway

0

Add comment...

@

😊

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# TikTok

[@tiktokstarnaomi](#)

System ID: [645996](#)

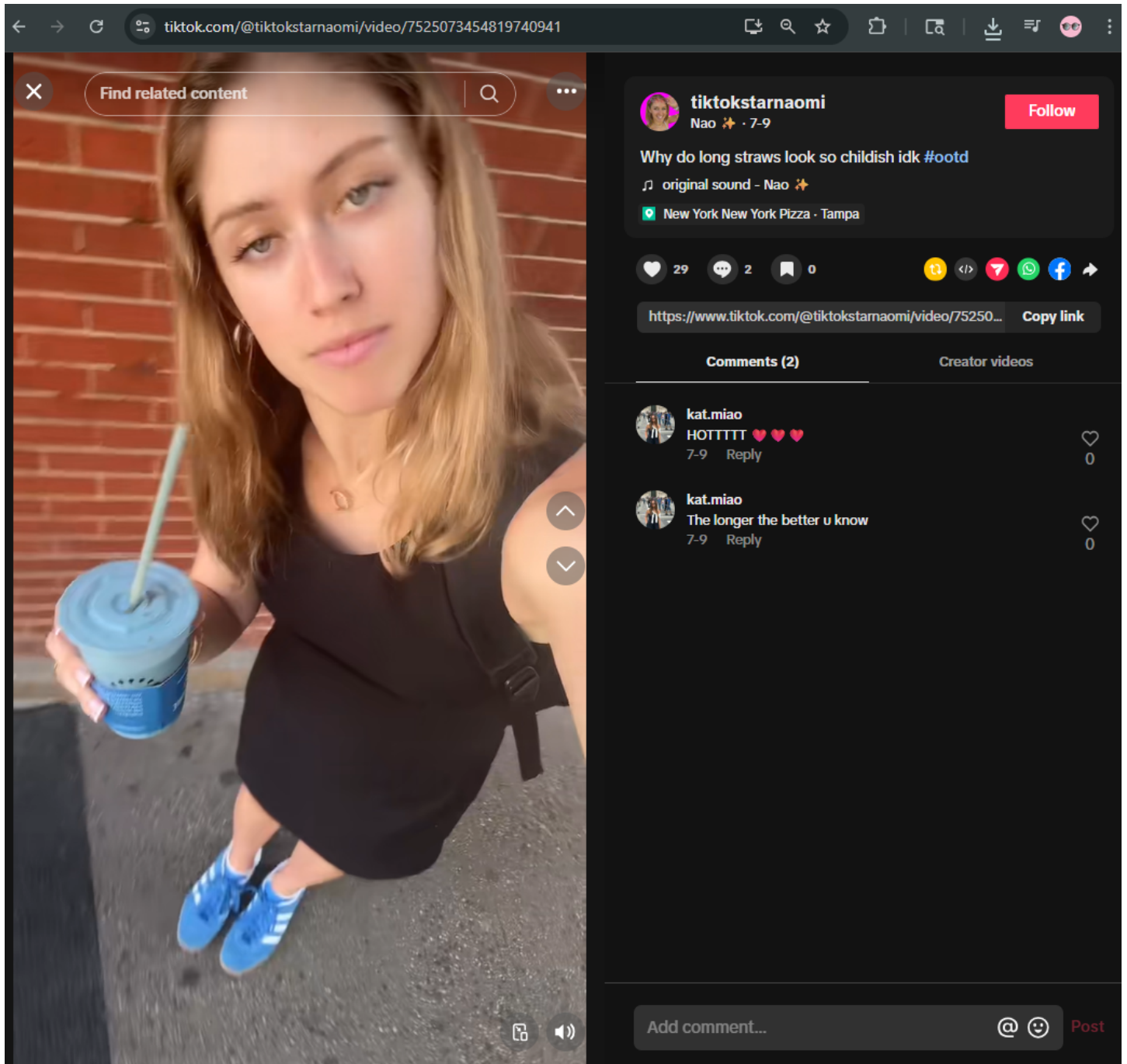
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7525073454819740941>

*After DOI*

Showed her outfit "Why do long straws look so childish idk #ootd"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 09, 2025

System ID: [645997](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7525289351123569933>

*After DOI*

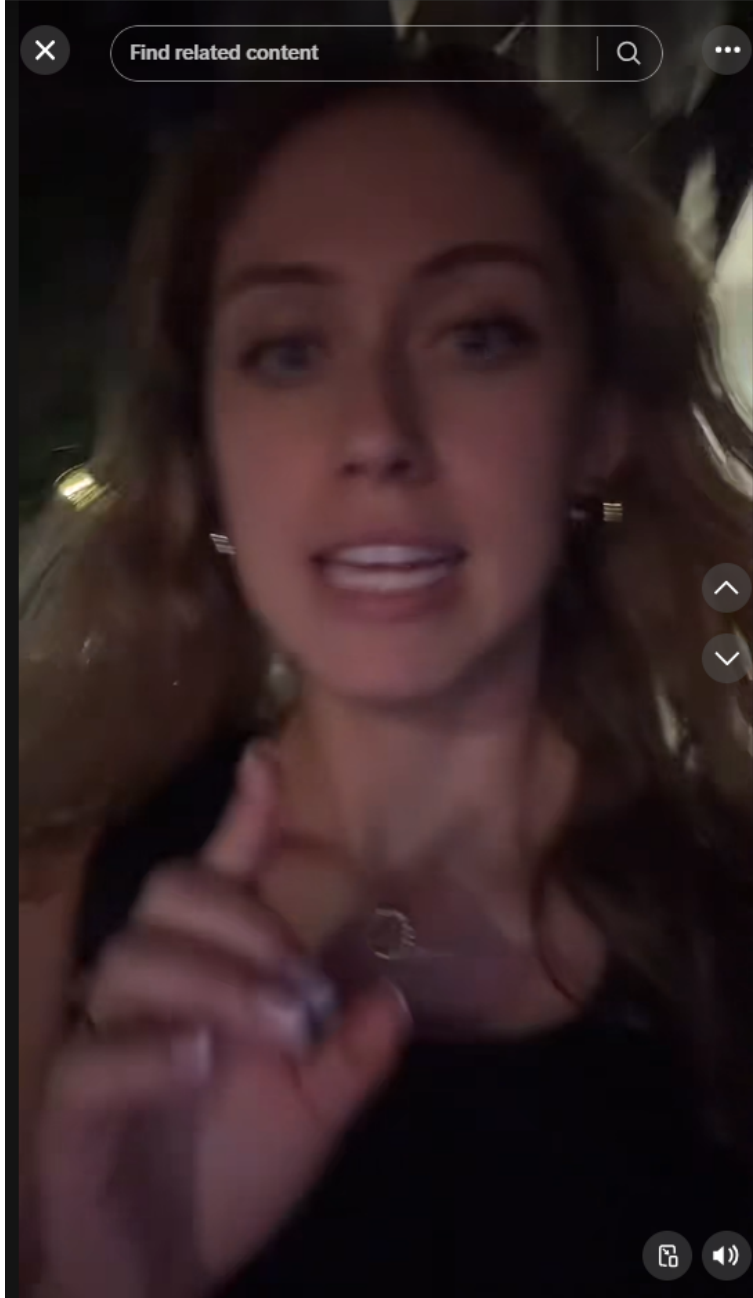
Seen walking at 11:10 pm at night after spending time with a friend; mentioned that she did not want to work out but did not have any plans

← → ↻ 🔍 tiktok.com/@tiktokstarnaomi/video/7525289351123569933 📷 🔍 ☆ 📄 📄 📄 📄 📄 📄 📄 📄


✕

Find related content 🔍

⋮



📄 🔊

**tiktokstarnaomi**  
Nao 🌟 · 7-9

Follow

FindMy loyalist over here #findmyfriends

🎵 original sound - Nao 🌟

📍 New York New York Pizza · Tampa

❤️ 113

💬 6

📄 4

🔔

⌨️

🔴

🟢


📘

➦


https://www.tiktok.com/@tiktokstarnaomi/video/75252... Copy link

Comments (6)

Creator videos


**andie**  
i love love find my friends  
7-9 Reply 🌟

❤️ 4


**Nao 🌟 · Creator**  
It's the BEST  
7-10 Reply

❤️ 1


Hide ^

**kat.miao**  
Nails on fleek  
7-10 Reply

❤️ 0


**rachel**  
Fun until your friend sets boundary notices around your exes apartment  
7-10 Reply

❤️ 0

**Nao 🌟 · Creator**  
Ummm storytime plz?? Hahaha  
7-10 Reply

⋮  
❤️ 0

Hide ^

**Fanndr**  
Is nyc safe at 11 pm?  
7-24 Reply

❤️ 0

Add comment...

@ 😊

Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 11, 2025

System ID: [646000](#)



Captured: Sep 24, 2025



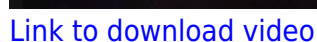
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7525674079291002167>

*After DOI*

Mentioned that the next day she had an international flight to Brazil to meet someone "Dermaplane disaster maybe? Help"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 11, 2025

System ID: [646001](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7525936022400552205>

*After DOI*

Post about how American Airlines cancelled her international flight and had trouble rebooking "@American Airlines canceled my international flight"

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7525936022400552205 📄 📷 📌 📄 📄 📄 📄 📄 📄 📄

✕ Find related content 🔍 ⋮



📷 🔊

**tiktokstarnaomi**  
Nao 🌟 · 7-11

[@American Airlines](#) canceled my international flight 🙄

🎵 original sound - Nao 🌟

👍 23 💬 4 📌 0

🔗 <https://www.tiktok.com/@tiktokstarnaomi/video/7525936022400552205> Copy link

Comments (4) Creator videos

**Farasha** 🍌 🌟 🌟 🌟 🌟  
Probably because you're in israel LMAO  
7-26 Reply 0

**whitneyhoy**  
😬  
7-12 Reply 0

**Quỳnh Tây** 🗣️  
Got canceled twice, July 9 & 10 🙄 I was flying to San Francisco with a layover in DFW. My original flight was at 7AM, but they canceled it in the middle of the night. Rebooked for the next day, same flight... canceled again. Ended up paying out of pocket to book with a different airline. What a mess.  
7-13 Reply 0

**Juliana Brocanello**  
What a bummer. But your face looks great!! Hope you can reschedule your trip 🙄  
7-12 Reply 0

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 646003



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7526560573971123511>

After DOI

Showed her outfit and view in São Paulo, Brazil "Made it to Brazil but not ready for Winter"

←

→

🔄

🌐

tiktok.com/@tiktokstarnaomi/video/7526560573971123511

🔍

☆

📷

📺

📄

📌

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⋮

✕

Find related content

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⋮

🔍

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📺

📄

tiktokstarnaomi

Nao 🌟 · 7-13

Made it to Brazil but not ready for Winter

🎵 original sound - Nao 🌟

📍 São Paulo

👍 20

💬 2

📌 0

🔗

📺

📄

📌

👤

➦

<https://www.tiktok.com/@tiktokstarnaomi/video/7526560573971123511>

Copy link

Comments (2)

Creator videos

kat.miao

Ur beautiful 😊😊😊

7-22 Reply

👍 0

Fanndr

Why would it be Winter in Brazil? (Is "winter" a different word there?)

7-24 Reply

👍 0

Add comment...

@

😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 25, 2025

System ID: [646008](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7531212657693609230>

*After DOI*

Walked as she talked about her experience at the São Paulo Airport; mentioned that she had just sprinted through the airport "Venmo promise is real if anyone has a worse experience lmk  
#americanairlines #flight #travel #fail"





[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 646009



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7532888133289938231>

After DOI

Sang while she walked "how do I make it stop"



Posted: Jul 30, 2025



Captured: Sep 24, 2025

Find related content

my brain 24/7

tiktokstarnaomi

Nao · 7-30

how do I make it stop

original sound - Nao

New York New York Pizza · Tampa

18

1

0

https://www.tiktok.com/@tiktokstarnaomi/video/75328...

Copy link

Comments (1)

Creator videos

steph.in.progress

same

7-31

Reply

0

Add comment...

@

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [646012](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7532902183726042382>

*After DOI*

"#smallcreator #microinfluencer #upandcomingiguess"



Posted: Jul 30, 2025



Captured: Sep 24, 2025

Find related content

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Nao · 7-30

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#smallcreator #microinfluencer #upandcomingiguess

original sound - Nao

New York New York Pizza · Tampa

66

8

0

https://www.tiktok.com/@tiktokstarnaomi/video/7532...

Copy link

Comments (8)

Creator videos

Ilana Baer  
Phenomenal  
8-11 Reply

0

Ben  
\*average size creator  
7-30 Reply

2

j\_storrs  
Lmao  
7-30 Reply

0

Tenny  
Top tier advice  
7-30 Reply

1

Chanele Czopp  
This is inspiring and I am taking notes  
8-5 Reply

0

Danielle  
hahahah this is hilarious  
7-30 Reply

1

hemi | hout athletica  
7-30 Reply

0

Add comment...

@

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[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Jul 31, 2025

System ID: [646016](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7533108784248491319>

*After DOI*

Shared that she impulsively removed her Gel-X nails and was seen sitting forward and soaking her nails in acetone "Plz fix"

tiktok.com/@tiktokstarnaomi/video/7533108784248491319

Find related content

**tiktokstarnaomi**  
Nao · 7-31

Follow

Plz fix  
original sound - Nao  
Manhattan

15 7 0

<https://www.tiktok.com/@tiktokstarnaomi/video/7533108784248491319> Copy link

Comments (7) Creator videos

**hankay14**  
Girl u will ruin ur nails if u rip those off— grab some press ons from cvs in morning then go to nail salon after work  
7-31 Reply

**Nao · Creator**  
Too late I ruined every nail  
7-31 Reply

**ELENA**  
8-5 Reply

**wigs shop**  
Looking For Ambassador DM FOR COLLAB WORLDWIDE SHIPPING  
8-5 Reply

**nat**  
nail file (if you don't have an electric one) after each round of soaking  
7-31 Reply

**Nao · Creator**  
I did this but my nails are super shredded and feel thin now — is that just what has to happen?  
7-31 Reply

View 1 more

Add comment... @ Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646024](#)

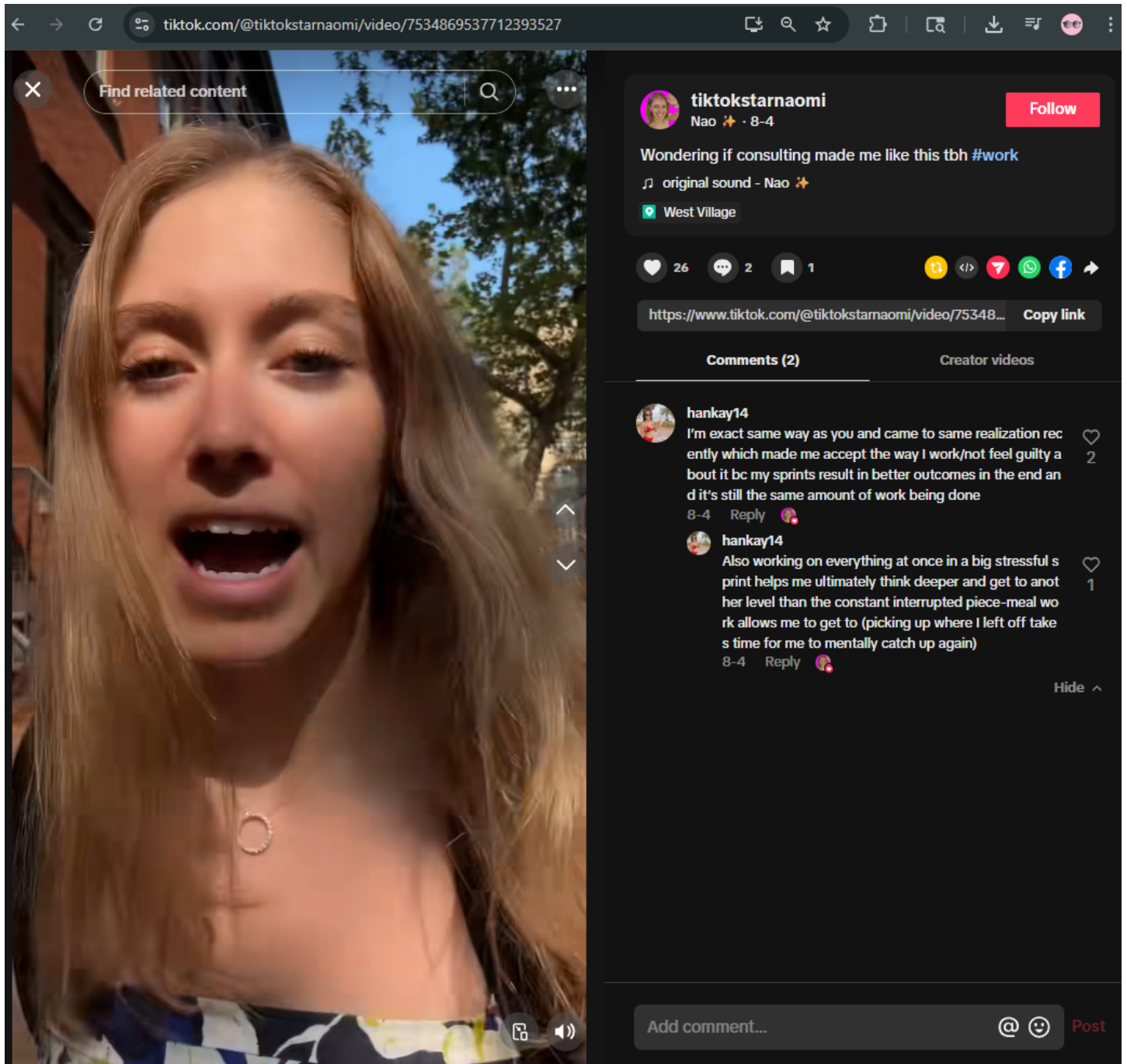
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7534869537712393527>

*After DOI*

Seen walking "Wondering if consulting made me like this tbh #work"



[Link to download video](#)



# TikTok

[@benedettaveron](#)

System ID: [646241](#)

Naomi Ellen Baer



<https://www.tiktok.com/@benedettativeron/video/7536654992447524118>

*After DOI*

Seen drinking at a restaurant with an associate



Posted: Aug 09, 2025



Captured: Sep 24, 2025

Find related content

pov: your favorite tiktokers  
are finally collabing

"let's make a tiktok people  
are gonna love seeing us together!"

benedettativeron

benedettativeron · 8-9

it's the lip sync accuracy for me @Nao 🌟 #fyp

🎵 Illegal - PinkPantheress

📍 New York

❤️ 63

💬 6

🗨️ 2

🔔

</>

🚫

📞

📘

➦

https://www.tiktok.com/@benedettativeron/video/753...

Copy link

Comments (6)

Creator videos

G.g. Guitart

Hahahahahaha ❤️

8-9 Reply

2

benedettativeron · Creator

you have famous friends did you know that?

8-9 Reply

2

Hide ^

kat.miao

This is going viral

8-9 Reply

2

benedettativeron · Creator

you're joining next time!!

8-9 Reply

2

Hide ^

Nao 🌟

Gahahahahahahaha

8-9 Reply

1

View 1 reply v

Add comment...

@ 😊

Post

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# TikTok

[@tiktokstarnaomi](#)

System ID: [646026](#)

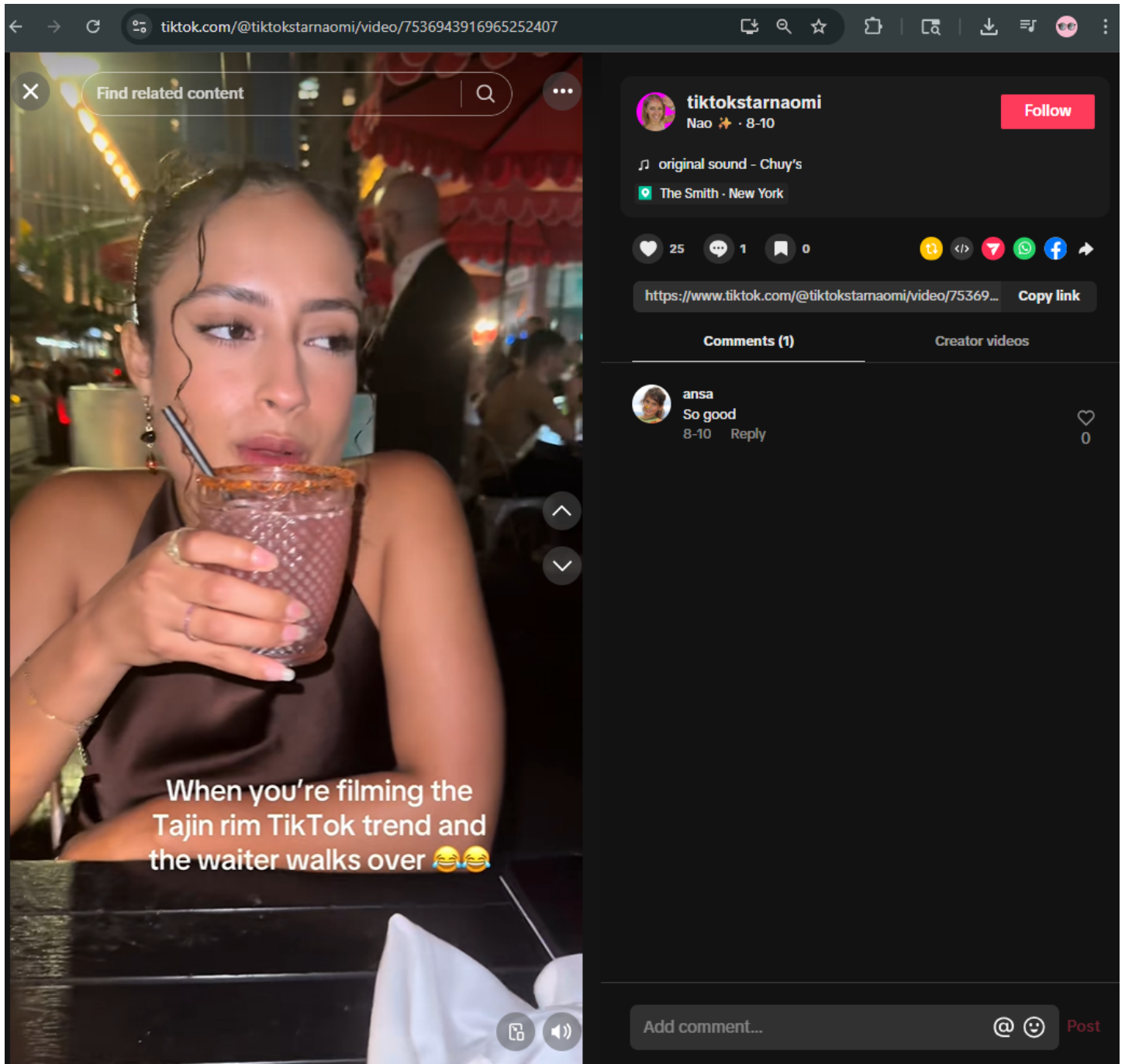
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7536943916965252407>

*After DOI*

Video of an associate at The Smith in New York



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [646028](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7537091015681821966>

*After DOI*

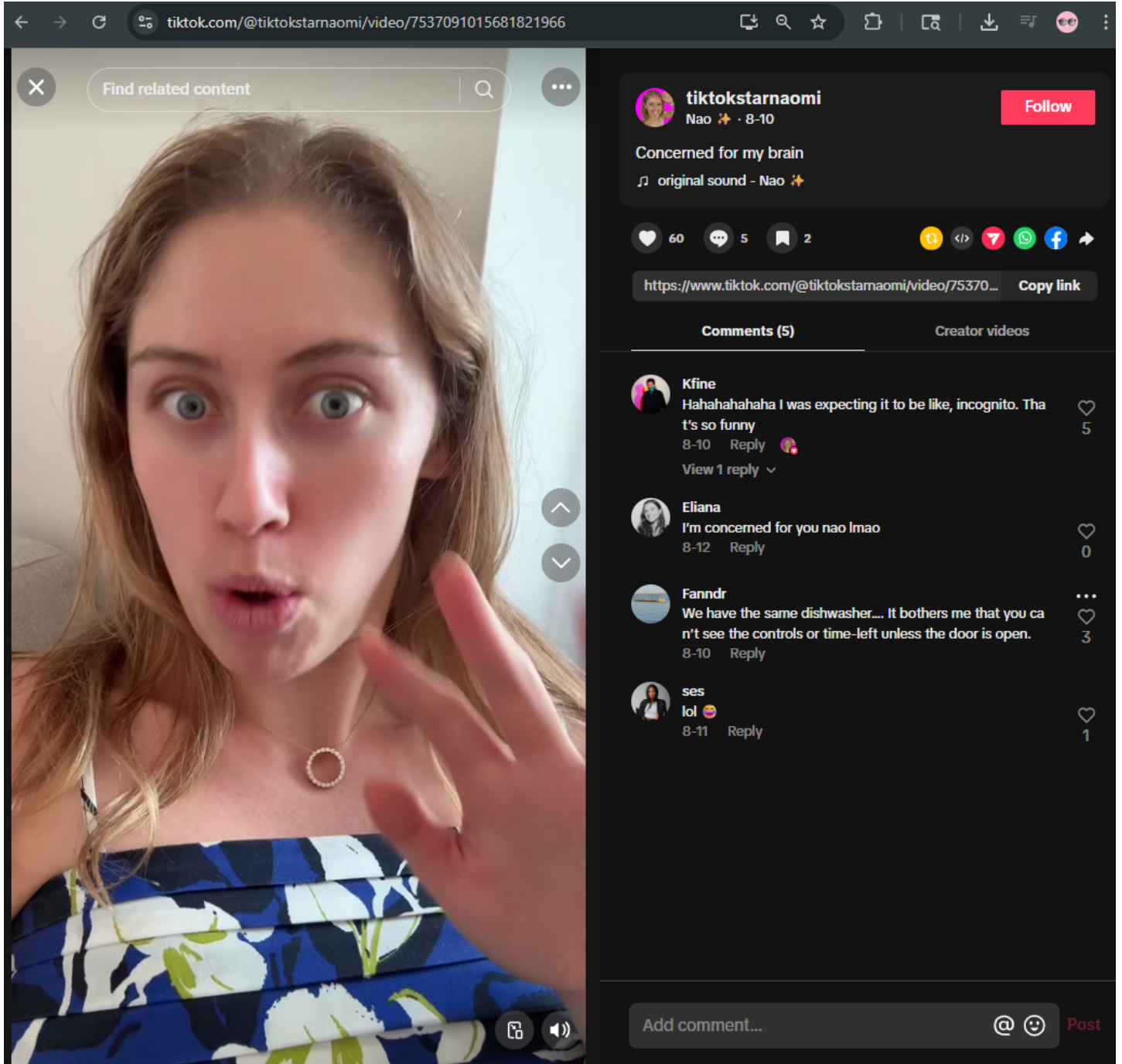
"Concerned for my brain"



Posted: Aug 10, 2025



Captured: Sep 24, 2025



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646032](#)

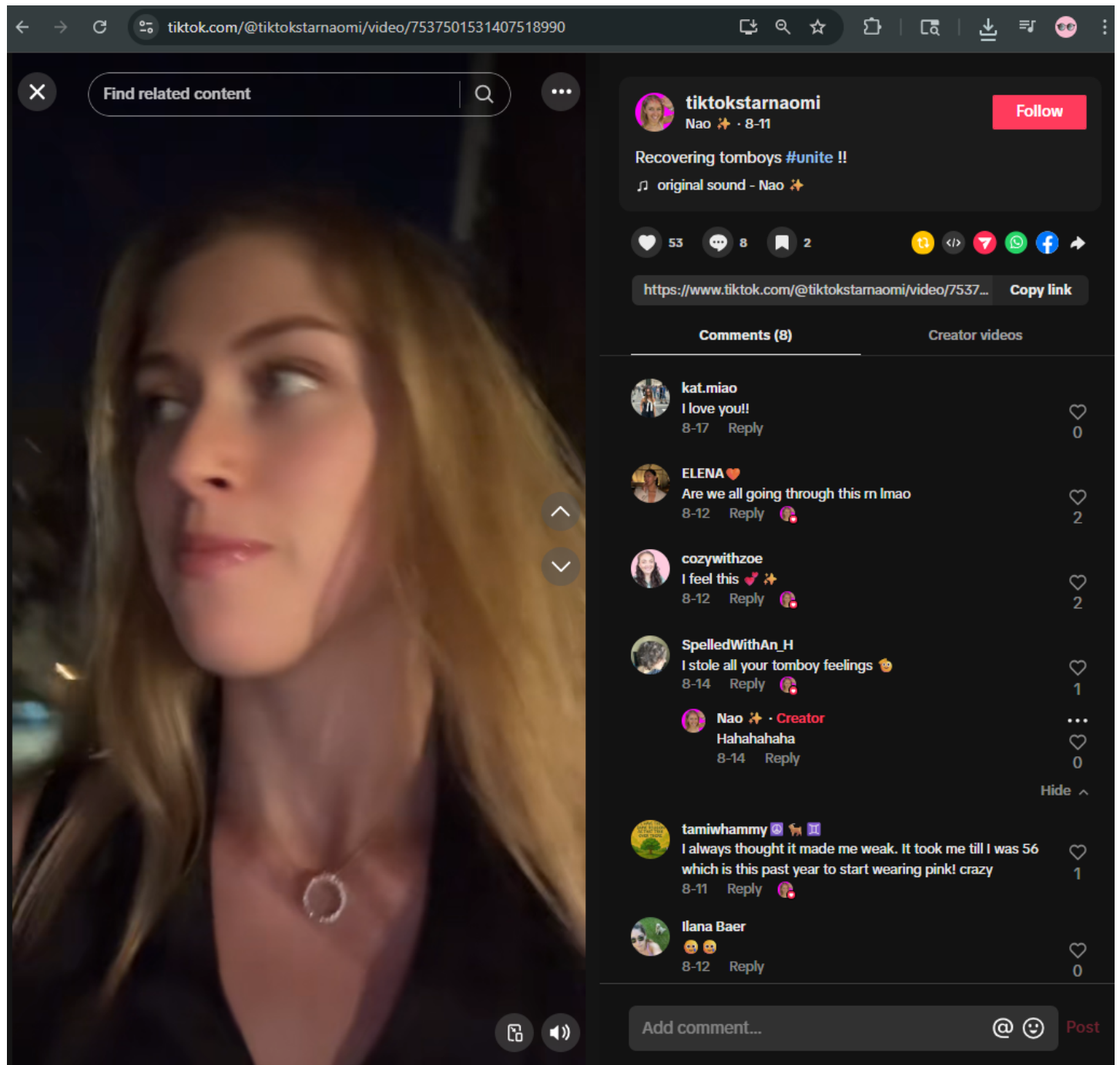
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7537501531407518990>

*After DOI*

Seen walking; mentioned being a young athlete "Recovering tomboys #unite !!"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 16, 2025

System ID: [646048](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7539212347357793549>

*After DOI*

Clips from her weekend with her friends in the Hamptons; they played games and participated in competitions

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7539212347357793549 📷 🔍 ☆ 📷 📷 📷 📷 📷 📷


X Find related content 🔍 ⋮


When 70 friends gather in the Hamptons for a full weekend competition, including a city-wide scavenger hunt with paid actors, a massive beach relay, and a pitch competition 🍌

54 2 2 🔔 </> 📺 📺 📺 ➦

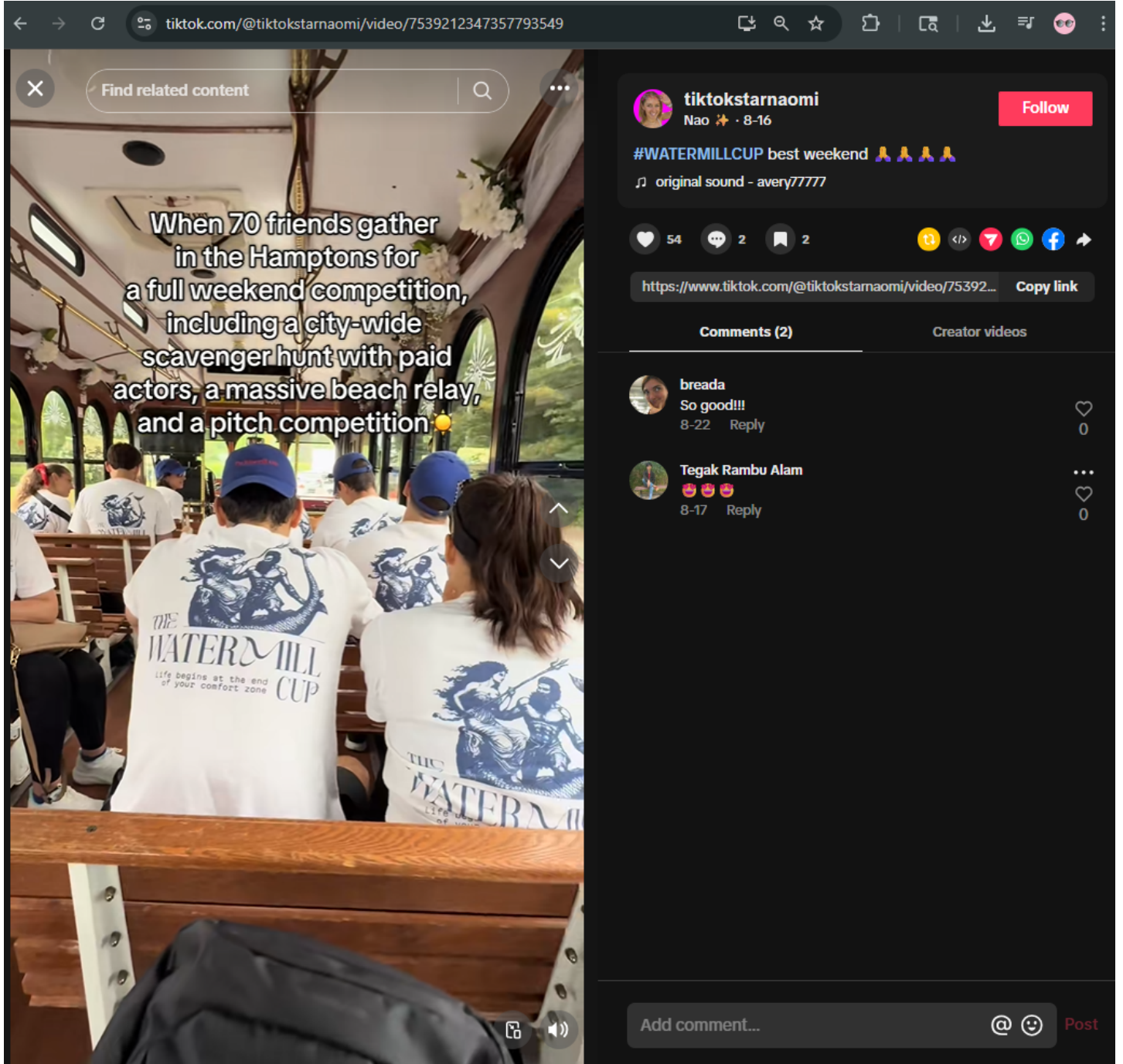
<https://www.tiktok.com/@tiktokstarnaomi/video/7539212347357793549> Copy link

Comments (2) Creator videos

 breada  
So good!!!  
8-22 Reply 0

 Tegak Rambu Alam  
👍👍👍  
8-17 Reply 0

Add comment... @ 😊 Post



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 16, 2025

System ID: [646041](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7539195829324713271>

*After DOI*


Seen walking and running while doing a scavenger hunt with her friends "PLEASE SAVE THIS AND COMMENT!!! 📷 📷"

← → ↺ 🔍 tiktok.com/@tiktokstarnaomi/video/7539195829324713271 📄 📷 📌 📁 📧 📧 📧 📧 📧 📧

✕ Find related content 🔍 ⋮



📄 🔊

 **tiktokstarnaomi**  
Nao 🌟 · 8-16 Follow


PLEASE SAVE THIS AND COMMENT!!! 🙏🙏


🎵 original sound - Nao 🌟


🍷 71 💬 35 📄 14 📄 </> 📄 📄 📄 📄 📄


<https://www.tiktok.com/@tiktokstarnaomi/video/7539195829324713271> Copy link


**Comments (35)** Creator videos


 **Nicole** 🌟  
!!!rah rah rah  
9-6 Reply 🍷 0


 **Dleonardoarias**  
Good luck!  
8-18 Reply 🍷 0

 **kat.miao**  
BEAUTY  
8-16 Reply 🍷 0

 **ivee.** ivee | Return-to-work platform  
Rooting for 🌟 you 🌟  
8-17 Reply 🍷 0

 **Léa**  
Get my girl her win!!!  
8-24 Reply 🍷 0

 **Salma Zaky**  
Did u say "70 friends"  
8-19 Reply 🍷 1

 **Nao** 🌟 · **Creator**  
Lied straight through my teeth I only knew 5 of the 7  
0 at best  
8-19 Reply 🍷 0

Hide ^

Add comment... @ 😊 Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 17, 2025

System ID: [646052](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7539624548820356407>

*After DOI*

Seen jumping up and down after her team won 1st place at her friends' competition in The Hamptons

"#champions 😊"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [646053](#)

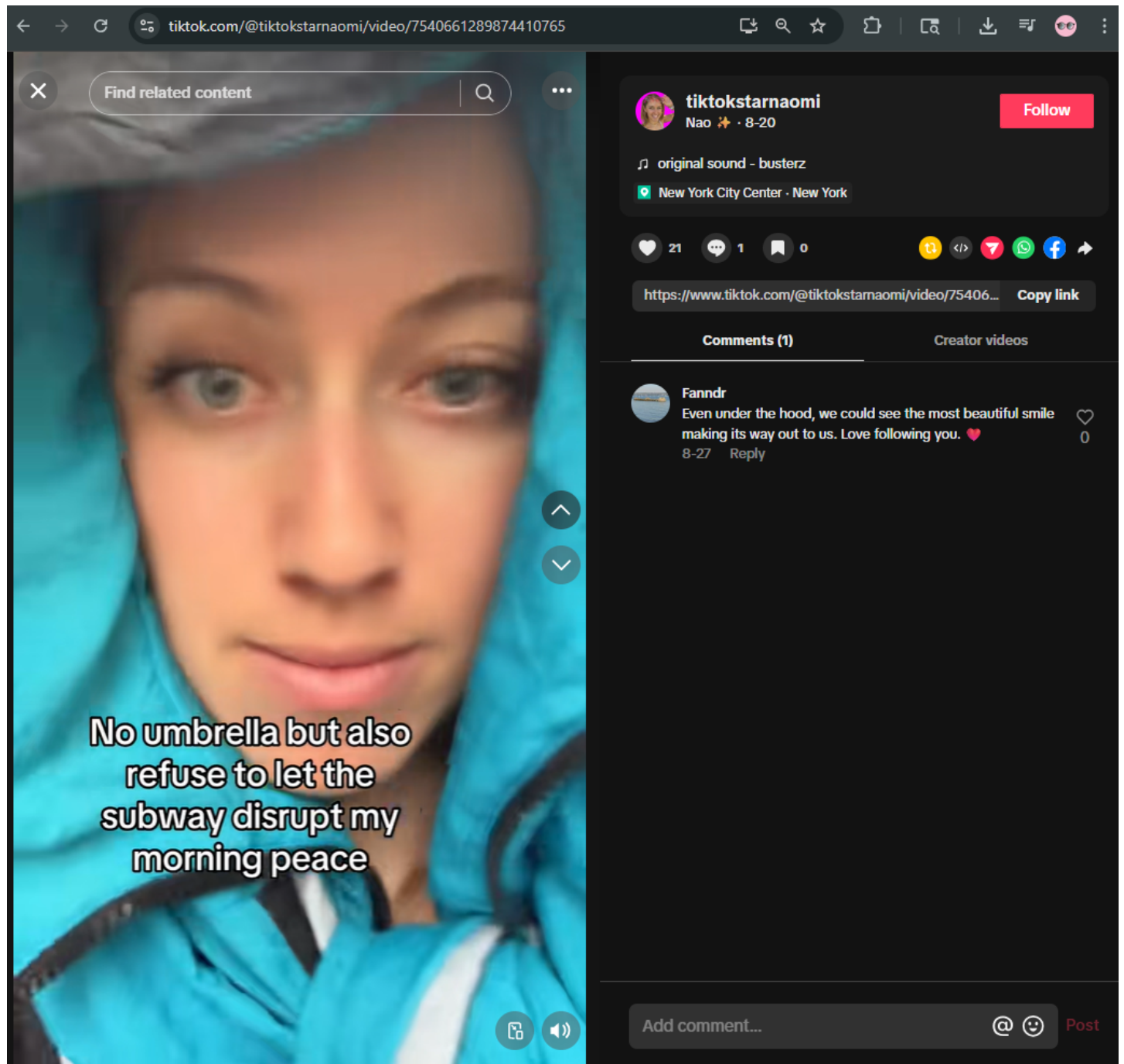
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7540661289874410765>

*After DOI*

Seen walking in the New York City Center



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646054](#)

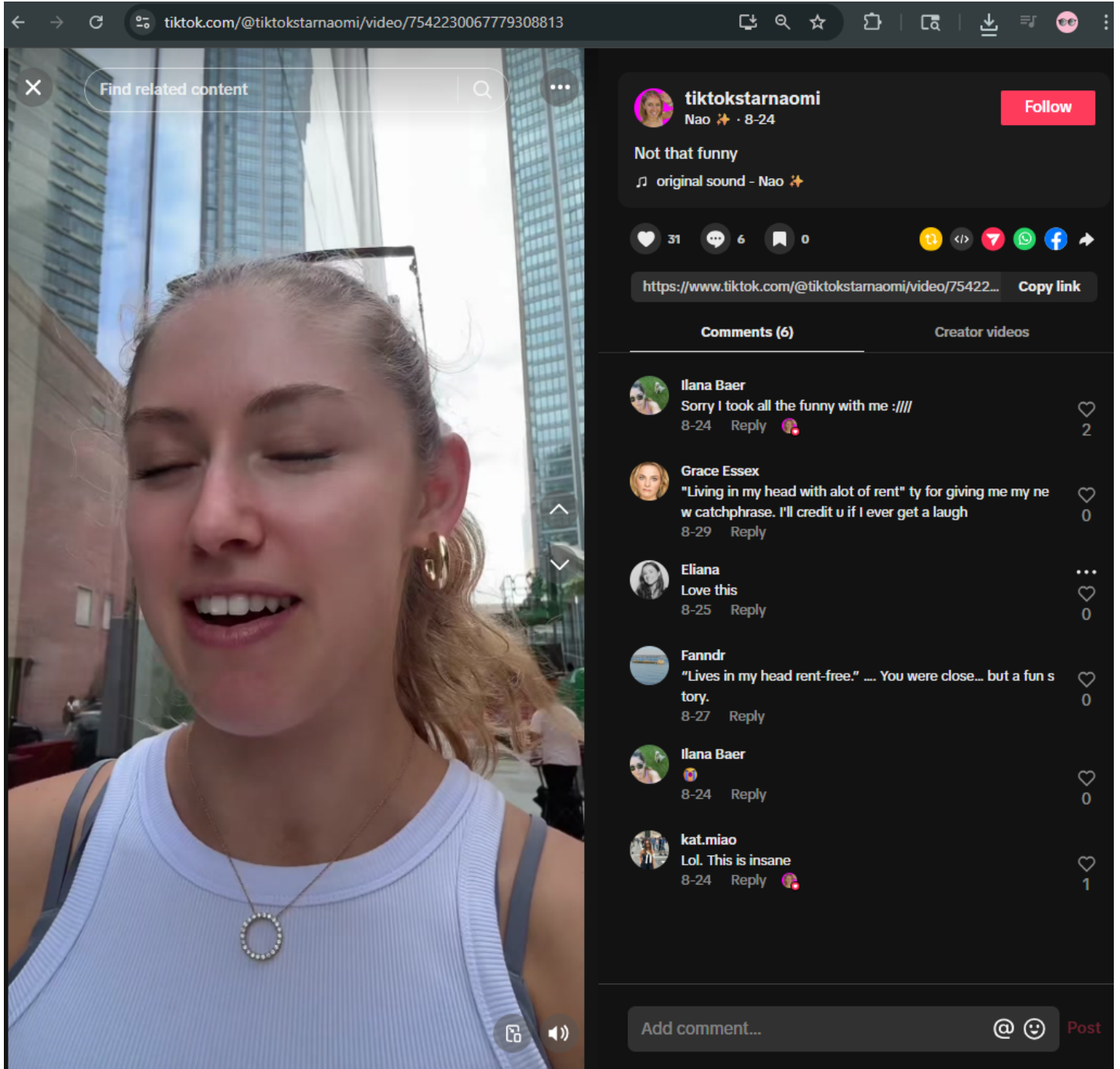
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7542230067779308813>

*After DOI*

Seen walking; mentioned that she auditioned for an improv team "Not that funny"



[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646055](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7543042178835123469>

*After DOI*

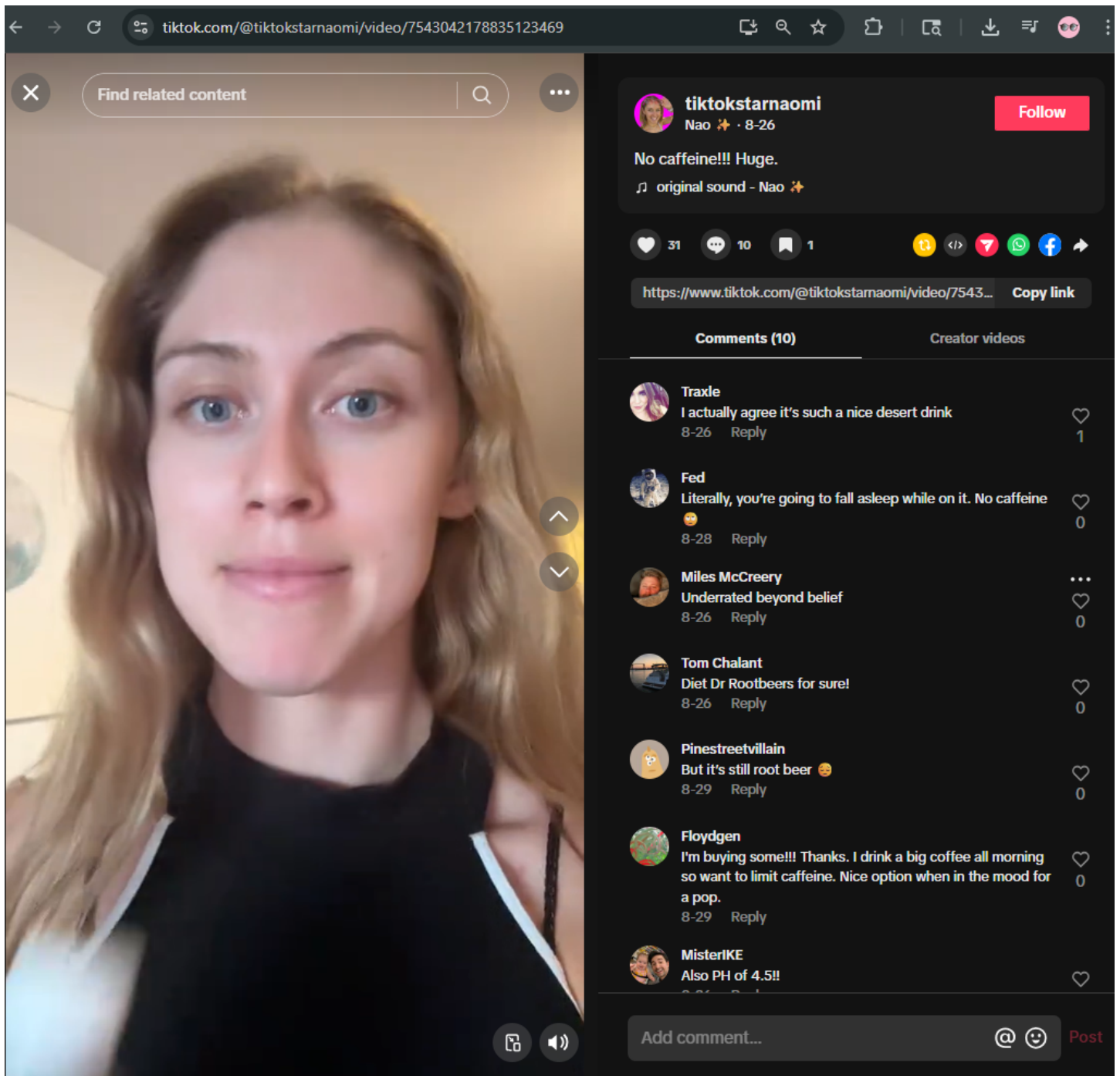
"No caffeine!!! Huge."



Posted: Aug 26, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [646056](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7543796690315136311>

*After DOI*

Seen walking "Feed me"



Posted: Aug 28, 2025



Captured: Sep 24, 2025

[illegible]

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

System ID: [646060](#)

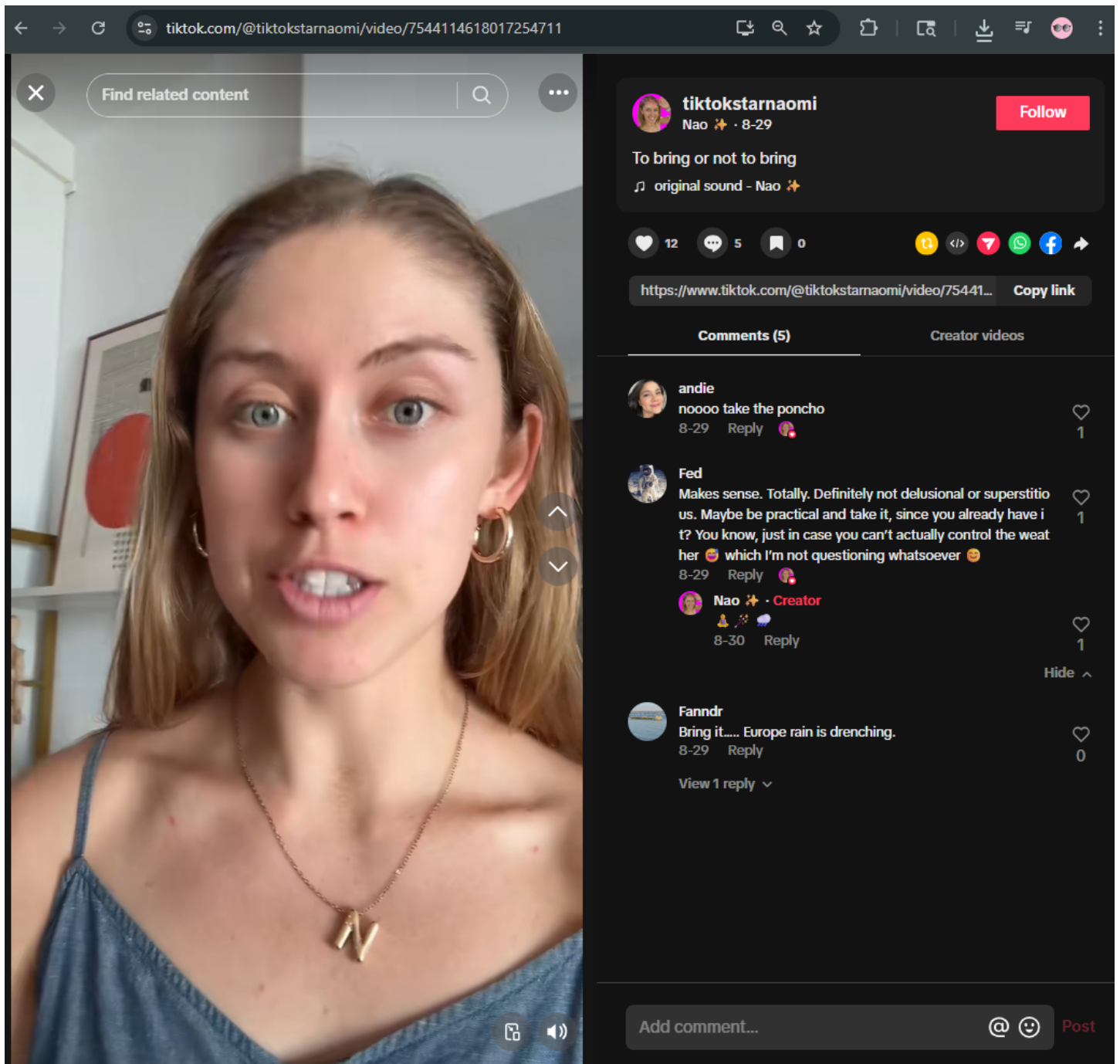
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7544114618017254711>

*After DOI*

Mentioned she was packing to go to Europe



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Aug 30, 2025

System ID: [646067](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7544394443504340237>

*After DOI*

Post about being hungover from drinking the night before; mentioned that in her "young 20s" she felt horrible all of the time "Still taking Advil"

Find related content

140

136

4

https://www.tiktok.com/@tiktokstarnaomi/video/7544394443504340237

Copy link

Comments (136)

Creator videos

palatableponderings

Oh. Definitely. Recovery is much slower. Lack of sleep as well. I used to oull all-nighters and then go to class. Would n't be able to now.

8-30 Reply

View 1 reply

user6993833725112

I regret to inform you that you're still young. Wait until your late 30s.

8-30 Reply

View 4 replies

Carl White465

that sounds backwards to me. I'm closing in on 40. and while I could easily be dramatic about, even low key, I definitely have aches and pains and fatigue and other symptoms that have been normalized in my mind that 20 something me would never understand

8-30 Reply

Barbara Creel

I'm 36 and don't even want to drink anymore because the hangovers and anxiety are out of control

8-31 Reply

Quintuple\_scorpio

Late 30s and I don't think my hangovers have gotten worse, I think my patience for functioning when I feel like I have gotten worse. I used to go through an entire busy day

8-31 Reply

Add comment...

@

Post

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Nao · 8-30

Still taking Advil

original sound - Nao

140

136

4

https://www.tiktok.com/@tiktokstarnaomi/video/7544394443504340237

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8-30 Reply

View 1 reply

user6993833725112

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8-30 Reply

View 4 replies

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8-30 Reply

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8-31 Reply

Quintuple\_scorpio

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8-31 Reply

Add comment...

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Post

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# TikTok

[@tiktokstarnaomi](#)

System ID: [646073](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/photo/7544558232677780750>

*After DOI*

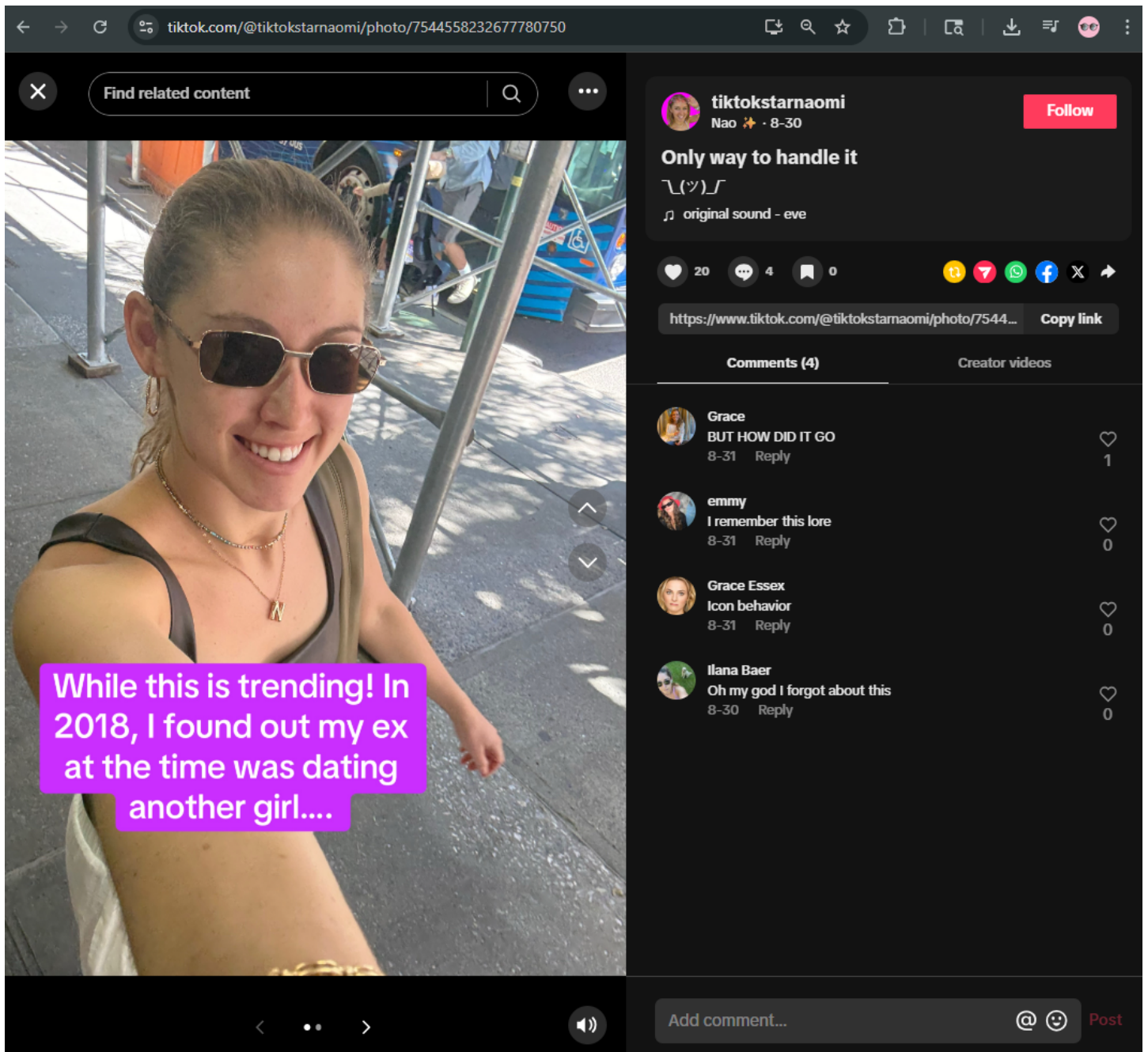
Selfie "Only way to handle it ~\\_(\\_\\_)\_/~"



Posted: Aug 30, 2025









Captured: Sep 24, 2025



[Link to download video](#)



 [dooshiez](#)  
 System ID: [646204](#)  
 [Naomi Ellen Baer](#)  
 <https://www.instagram.com/dooshiez/p/DN-mFe0DP6p>

 Posted: Aug 30, 2025  
 Captured: Sep 24, 2025

After DOI  
Pictured seated at a restaurant "Summer Recaps - JULY ☑"

instagram.com/dooshiez/p/DN-mFe0DP6p







**dooshiez**  
New York, New York

Follow ...



**dooshiez** Edited • 3w  
Summer Recaps - JULY 🌶️



**galaminoach** 3w  
🔥🔥🔥🔥🔥

Reply



**amit\_shimshi\_** 3w  
🥰🥰 תחזרי בקרוב

Reply See translation



**ronilorber** 3w  
❤️❤️❤️

Reply



**maynir** 3w  
My love ❤️



Liked by **rutifruity** and **others**  
August 30

 Add a comment...





**dooshiez**  
New York, New York

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**dooshiez** Edited • 3w  
Summer Recaps - JULY 🌶️



**galaminoach** 3w  
🔥🔥🔥🔥🔥



Reply



**amit\_shimshi\_** 3w  
🔥🔥 תחזרי בקרוב



Reply See translation



**ronilorber** 3w  
❤️❤️❤️



Reply



**maynir** 3w  
My love ❤️



Liked by **rutifruity** and **others**  
August 30



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# TikTok

[@tiktokstarnaomi](#)



Posted: Sep 02, 2025

System ID: [646075](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7545496945683434766>

*After DOI*

At a club/concert in Berlin, Germany "What was most ridiculous was seeing HorsegiirL for the 3rd time in one year #berlin #clubbing" "Ahhh \*doner kabab. Tragic."


tiktok.com/@tiktokstarnaomi/video/7545496945683434766

Find related content

Q

...







Flew to Berlin knowing zero people to go clubbing.  
Here's how it went



39

2

1




https://www.tiktok.com/@tiktokstarnaomi/video/75454...

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Comments (2)

Creator videos



Nao


• Creator

Ahhh \*doner kabab. Tragic.

9-2

Reply

View 1 reply



0

Add comment...

@

😊

Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Sep 04, 2025

System ID: [646086](#)



Captured: Sep 24, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/photo/7546291178497461517>

*After DOI*

Flew to Nice, France, and shared her activities for the day, which included eating/drinking at restaurants, and walking at various locations "Very Niceeeeeeeee New format how do we like this?? #nice #travel"

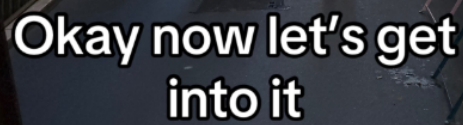




Wanted good weather so I flew to Nice, France! Join me for a day 😊







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♪ son original - bestsongsforever75



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### Creator videos



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It really was so good!! I wish I had multiple stomachs!!!

9-5

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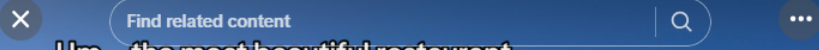
1



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They wouldn't let me in unless I got a full plate and I wasn't hungry enough. Next time!!

Follow

🎵 son original - bestsongsforever75



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### Creator videos

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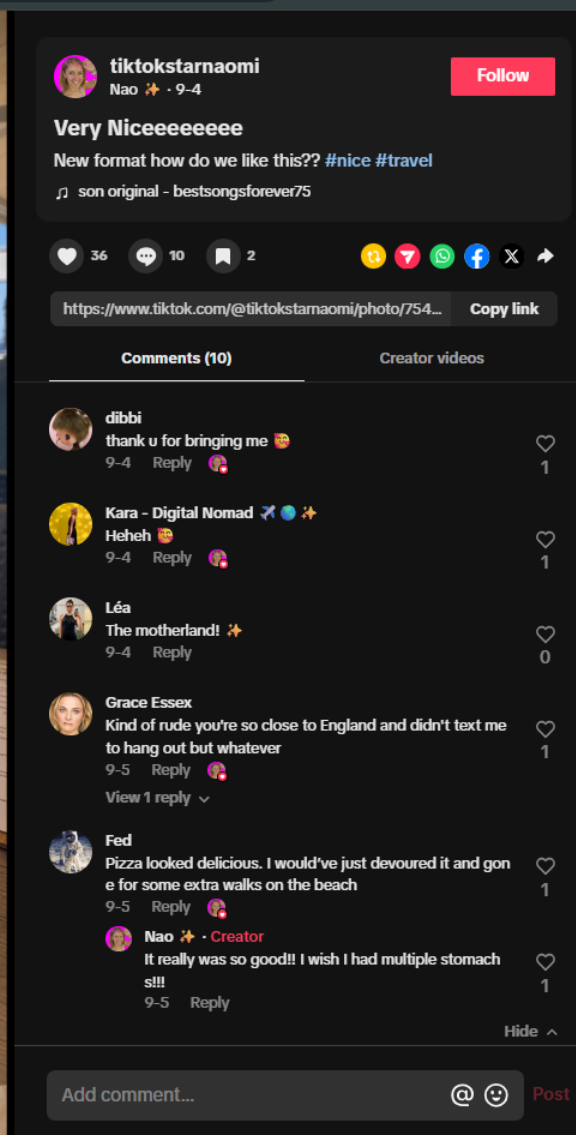
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Hide ^





Went here instead. The waiter was hitting on me and made me a special pink spritz. I love southern europe.

**tiktokstarnaomi**  
Nao 🍀 · 9-4

**Very Niceeeeeeeee**

New format how do we like this?? #nice #travel

♪ son original - bestsongsforever75

 36
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  2
 








<https://www.tiktok.com/@tiktokstarnaomi/photo/754...> **Copy link**


Comments (10)


### Creator videos


 **dibbi**  
thank u for bringing me 🥰  
9-4 Reply 


Kara - Digital Nomad ✈️🌐🌟  
Heheh 🤔  
9-4 Reply 📱

**Léa**  
The motherland! ✨  
9-4 Reply



 **Grace Essex**  
Kind of rude you're so close to England and didn't text me to hang out but whatever

9-5  [Reply](#)

[View 1 reply](#) 

 1

**Fed**  
Pizza looked delicious. I would've just devoured it and gone for some extra walks on the beach

 **Nao** ✨ - Creator  
It really was so good!!! I wish I had multiple stomach  
s!!!!  
9-5 Reply  1

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tiktok.com/@tiktokstarnaomi/photo/7546291178497461517

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Q

...

After I read and sat for a while I roamed around the lovely marina

(I like never read so obviously had to flex it here)

36

10

2

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https://www.tiktok.com/@tiktokstarnaomi/photo/754...

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Comments (10)

Creator videos

dibbi

thank u for bringing me 🥰

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Kara - Digital Nomad

Heheh 🤔

9-4 Reply

1

Léa

The motherland! 🇫🇷

9-4 Reply

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Grace Essex

Kind of rude you're so close to England and didn't text me to hang out but whatever

9-5 Reply

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Fed

Pizza looked delicious. I would've just devoured it and gone for some extra walks on the beach

9-5 Reply

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Nao - Creator

It really was so good!! I wish I had multiple stomachs!!!

9-5 Reply

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tiktokstarnaomi

Nao 🌟 · 9-4

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New format how do we like this?? #nice #travel

🎵 son original - bestsongsforever75

36

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🔥

📧

🌐

📷

➦

https://www.tiktok.com/@tiktokstarnaomi/photo/754...

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Comments (10)

Creator videos

dibbi

thank u for bringing me 🥰

9-4 Reply

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Kara - Digital Nomad

Heheh 🤔

9-4 Reply

1

Léa

The motherland! 🇫🇷

9-4 Reply

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Grace Essex

Kind of rude you're so close to England and didn't text me to hang out but whatever

9-5 Reply

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Fed

Pizza looked delicious. I would've just devoured it and gone for some extra walks on the beach

9-5 Reply

1

Nao - Creator

It really was so good!! I wish I had multiple stomachs!!!

9-5 Reply

1

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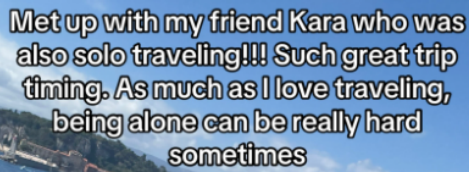
😊

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Q

...



@ 😊

tiktok.com/@tiktokstarnaomi/photo/7546291178497461517

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...

Walked along the coast. No comment except WOW🥰🥰🥰

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https://www.tiktok.com/@tiktokstarnaomi/photo/754...

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Comments (10)

Creator videos

dibbi

thank u for bringing me 🥰

9-4

Reply

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Kara - Digital Nomad 🌐🌐🌐

Heheh 🥰

9-4

Reply

1

Léa

The motherland! 🌐

9-4

Reply

0

Grace Essex

Kind of rude you're so close to England and didn't text me to hang out but whatever

9-5

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Fed

Pizza looked delicious. I would've just devoured it and gone for some extra walks on the beach

9-5

Reply

1

Nao 🌐 - Creator

It really was so good!! I wish I had multiple stomachs!!!

9-5

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😊

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🔊





Dinner time! Another spritz, obviously. And a Niçoise salad which is a specialty here.

Follow

🎵 son original - bestsongsforever75



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### Creator videos

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@ 😊





tiktok.com/@tiktokstarnaomi/photo/7546291178497461517

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And a nightcap to close out the day on the walk back to my hotel 🍷

Goodnight!!! ❤️❤️ Off to Monaco tomorrow!

tiktokstarnaomi  
Nao 🌟 · 9-4

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Very Niceeeeeeeee

New format how do we like this?? #nice #travel

son original - bestsongsforever75

36 10 2

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dibbi  
thank u for bringing me 🍷  
9-4 Reply 1

Kara - Digital Nomad 🌟🌟  
Heheh 🍷  
9-4 Reply 1

Léa  
The motherland! 🌟  
9-4 Reply 0

Grace Essex  
Kind of rude you're so close to England and didn't text me to hang out but whatever  
9-5 Reply 1  
View 1 reply

Fed  
Pizza looked delicious. I would've just devoured it and gone for some extra walks on the beach  
9-5 Reply 1





Nao 🌟 · Creator  
It really was so good!! I wish I had multiple stomachs!!!  
9-5 Reply 1



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# Instagram


 [dooshiez](#)  
 System ID: [646200](#)  
 [Naomi Ellen Baer](#)  
 [https://www.instagram.com/dooshiez/p/DOLp01fjC2l/?hl=en&img\\_index=20](https://www.instagram.com/dooshiez/p/DOLp01fjC2l/?hl=en&img_index=20)

 Posted: Sep 04, 2025  
 Captured: Sep 24, 2025

After DOI  
Pictured standing with associates "Old Film Dump 📽"

instagram.com/dooshiez/p/DOLp01fjC2l/?hl=en&img\_index=1





dooshiez

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Old Film Dump 📽📽

roni\_shefi 2w

📽

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erika.ogino 2w

Best prom date ❤️

Reply

sammyn15 2w

❤️❤️

Reply

itsasunnylay 2w

Loveeeeeeeee


📽


🗨

📌

Liked by **guyfranklin** and others

September 4

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❤️ ❤️



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itsasunnylay 2w  
Loveeeeeeeee



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itsasunnylay 2w  
Loveeeeeeeee



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# TikTok

[@tiktokstarnaomi](#)

System ID: [646088](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7546731067068271885>

*After DOI*

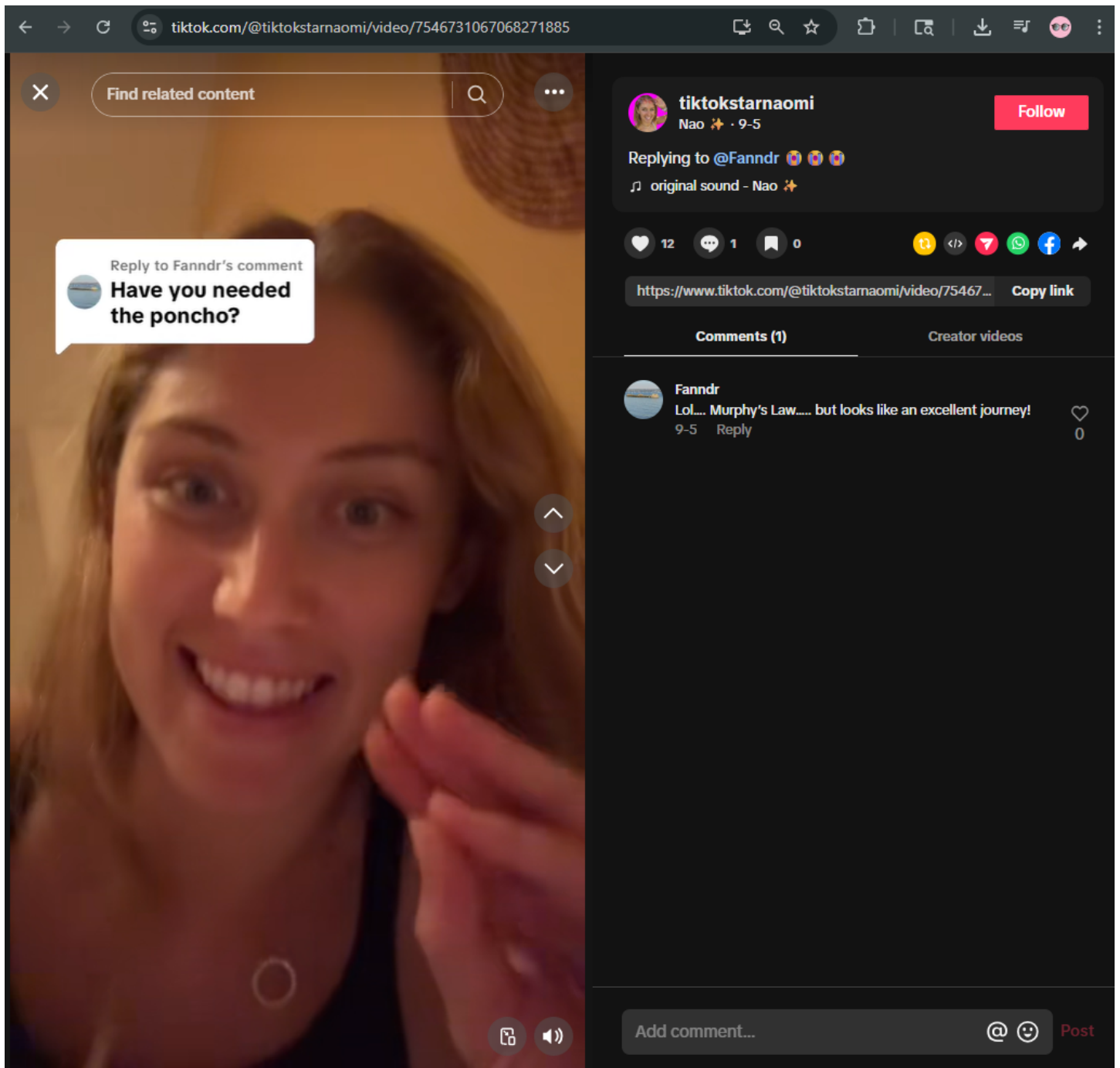
"Replying to @Fanndr ☐☐☐"



Posted: Sep 05, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# Other



Google Reviews



Posted: Sep 09, 2025



System ID: [645648](#)



Captured: Sep 23, 2025



[Naomi Ellen Baer](#)



<https://www.google.com/maps/contrib/107031172150374159483/reviews>

## *After DOI*

Email address, naomi.baer@gmail.com, led to an account with 58 reviews and 2 ratings for restaurants, health care clinics, salons, hotels, etc Most recent activity: 5-star reviews for Galata Meyhanesi in Istanbul, Turkey, and Junhan Japanese Cuisine in Sao Paulo, Brazil "Best restaurant in Istanbul — a must visit" "MUST GO. Thoughtful and kind manager and staff, delicious food, fantastic prices" Jan - September 2024: 5-star review for Hårklinikken Beverly Hills in California "I came here for a consult and am so thankful I did. I met with Diana, who was phenomenally helpful and knowledgeable. I cannot emphasize enough how much more sustainable and feasible the topical serum procedure is compared to the mainstream topical options I was evaluating. I am thankful a friend recommended this place and am excited to see the results!" Jan - September 2024: 1-star review for Mole Removal in Los Angeles "This place will try to scam you. 1. The staff did not warn me ahead of time that the consult ALONE costs \$150. They (falsely) only told me I'd be charged that fee if I didn't show up. 2. During my consult, I was told the procedure to remove ONE skin tag on the back of my neck would cost \$1000, which is insane. I started to walk out after hearing the price point, at which point the staff offered a SIGNIFICANTLY lower rate (which was barely within reason but was acceptable). The procedure was quick and easy, but the unexpected consultation fee and joke of an initial price point were despicable. I left the clinic feeling very, very icky about what happened. Someone who is shy or afraid to walk away would have been completely screwed by this place." 2023: 5-star review for Courtyard by Marriot Denver Cherry Creek in Colorado "Good hotel" 2022: 5-star review for a music venue in Los Angeles, California, Zebulon "Good bar" 2022: 5-star review for Vancouver International Airport in Canada "Good airport" 2020: 5-star review for Linda Benaddi and mentioned moving into a new apartment 2020: 5-star review for LA Pain: Joseph Enayati, DO, Charles Gruver, MD, Brian Tong, NP in Los Angeles, California "I have seen almost 10 specialists for the pain that I've been experiencing in my lower back and have seen dozens of doctors over the years for other injuries and surgeries resulting from being an athlete. Without a doubt, Dr. Enayati is the single best doctor I have ever had. He took extensive time to talk both me and my family through my complicated diagnosis, the implications of it, and the next steps. He was honest with me about the severity of my injury, and was also able to convey the info in a way that was direct but not stressful. I couldn't recommend Dr. Enayati and his team (who were all extremely caring, competent, and fast to respond) enough. Thank you Dr. Enayati!!" Link to Account Photo: <https://lh3.googleusercontent.com/a-/ALV-UjUGhRahI0PMbbpMyn8gGsbzGd06Qmuu9SVMH5z7ZdImHCzL2D3k4g>




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Naomi Baer

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
696 points

5001,500

Reviews

Photos

58 reviews · 2 ratings



Galata Meyhanesi

Asmalı Mescit, Orhan Adli Apaydin Sk. No:5 D:A,...


★★★★★

2 weeks ago

Best restaurant in Istanbul — a must visit

👍 Like

➦ Share



Junhan Japanese Cuisine

R. do Estilo Barroco, 748 - Chácara Santo Antôn...

★★★★★

2 months ago


MUST GO. Thoughtful and kind manager and staff, delicious food, fantastic prices

Meal type...

More

👍 Like

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Härkliniken Beverly Hills

9024 Burton Way, Beverly Hills, CA 90211

★★★★★

a year ago

I came here for a consult and am so thankful I did. I met with Diana, who was phenomenally helpful and knowledgeable. I cannot emphasize enough how much

Layers

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United States

Google Maps

Denver Botanic Gardens

Eighty Two

Galata Meyhanesi

Junhan Japanese Cuisine



Naomi Baer

Local Guide Level 5

696 points ›

500

1,500

## Reviews

## Photos



## Hårklinikken Beverly Hills

9024 Burton Way, Beverly Hills, CA 90211

★★★★★ a year ago

I came here for a consult and am so thankful I did. I met with Diana, who was phenomenally helpful and knowledgeable. I cannot emphasize enough how much more sustainable and feasible the topical serum procedure is compared to the mainstream topical options I was evaluating. I am thankful a friend recommended this place and am excited to see the results!

Like Share

Response from the owner 2 months ago

Naomi, thank you for sharing your experience - we're so happy you were recommended to us! We can't wait to see you back in our clinic soon.



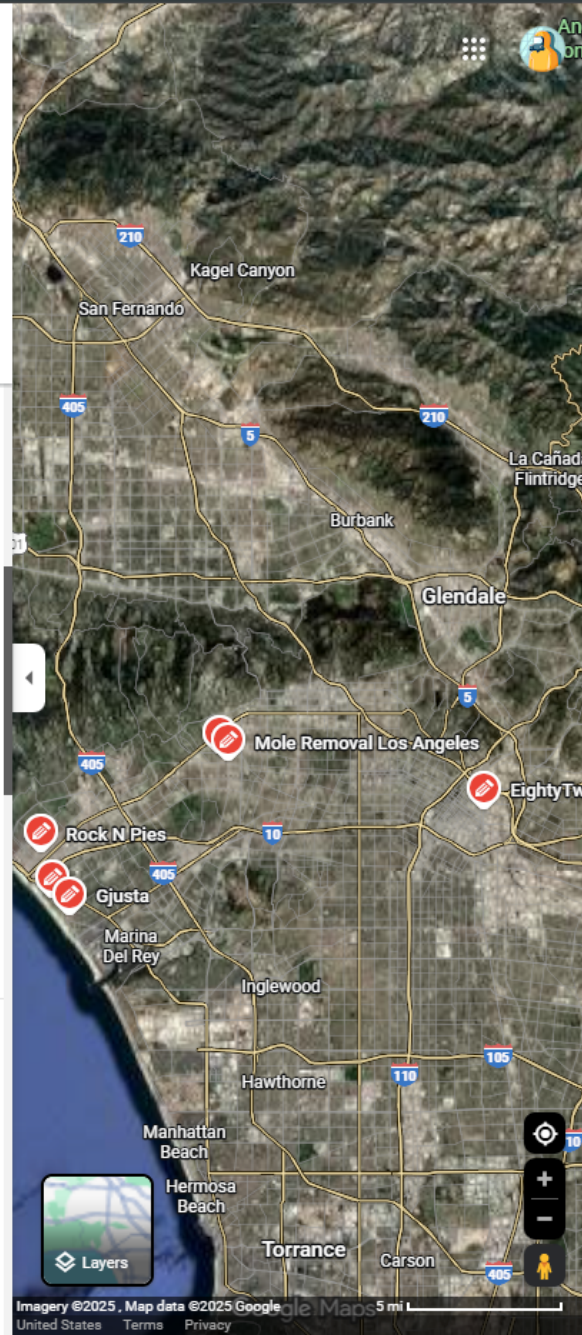
## Mole Removal Los Angeles

145 N Robertson Blvd Suite M, Beverly Hills, CA ...

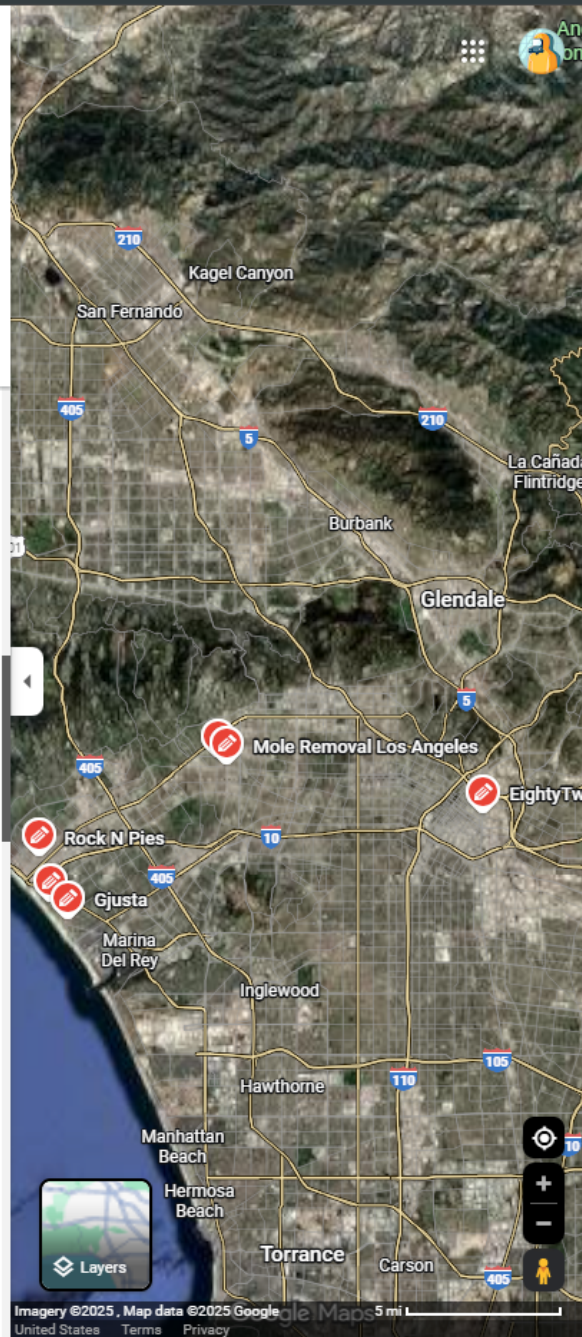
★☆☆☆☆ a year ago

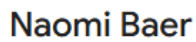
This place will try to scam you.

1. The staff did not warn me ahead of time that the consult ALONE costs \$150. They (falsely) only told me I'd be charged that fee if I didn't show up.
2. During my consult, I was told the procedure to remove ONE skin tag on the back of my neck would cost









Local Guide Level 5

696 points ›

1,500

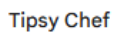
## Photos



1120 Wilshire Blvd, Santa Monica, CA 90401

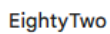
★★★★★ 2 years ago

Great pizza



2435 Main St, Santa Monica, CA 90405

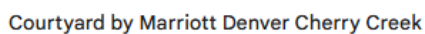
★★★★★ 2 years ago



707 E 4th Pl, Los Angeles, CA 90013

★★★★★ 2 years ago

Good bar



1475 S Colorado Blvd, Denver, CO 80222

★★★★★ 2 years ago

Good hotel



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Naomi Baer

Local Guide Level 5

696 points ›

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## Reviews

## Photos



## Brow Mantra Threading Salon

1203 Wilshire Blvd, Santa Monica, CA 90403

★★★★★ 3 years ago

Best threading on the west side



Like



Share



Zebulon

2478 Fletcher Dr, Los Angeles, CA 90039

★★★★★ 3 years ago

Good bar



Like



Share



### Thunderbird Bar

12217 Wilshire Blvd, Los Angeles, CA 90025

★★★★★ 3 years ago

Good taco Tuesday



Like



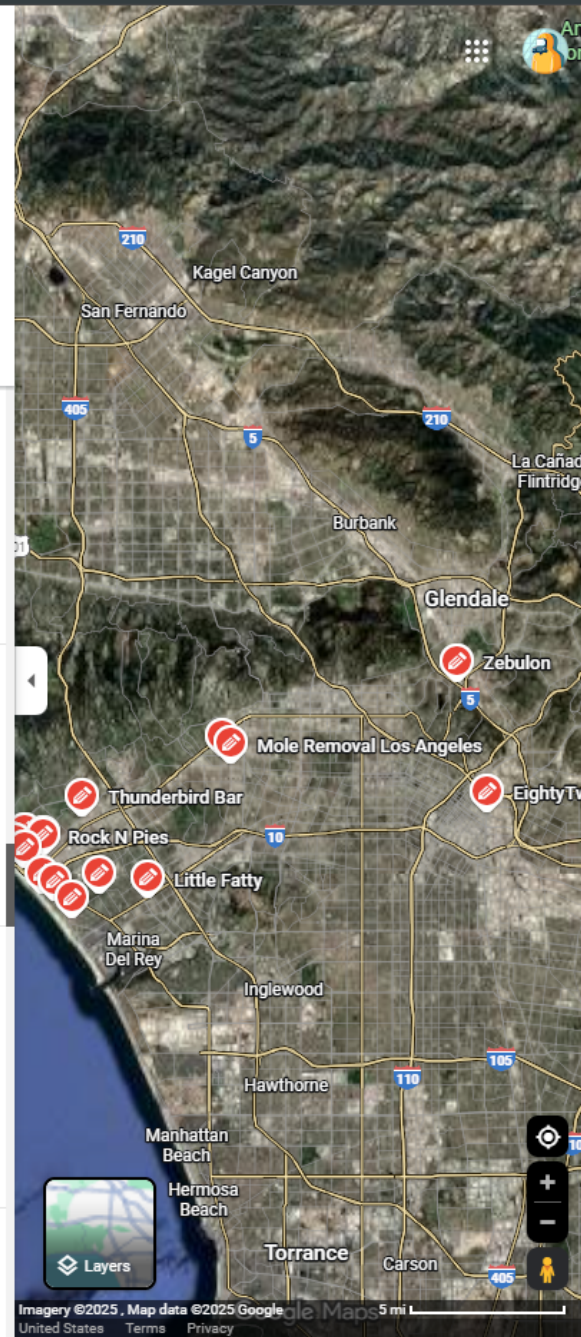
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Aloft Sunnyvale

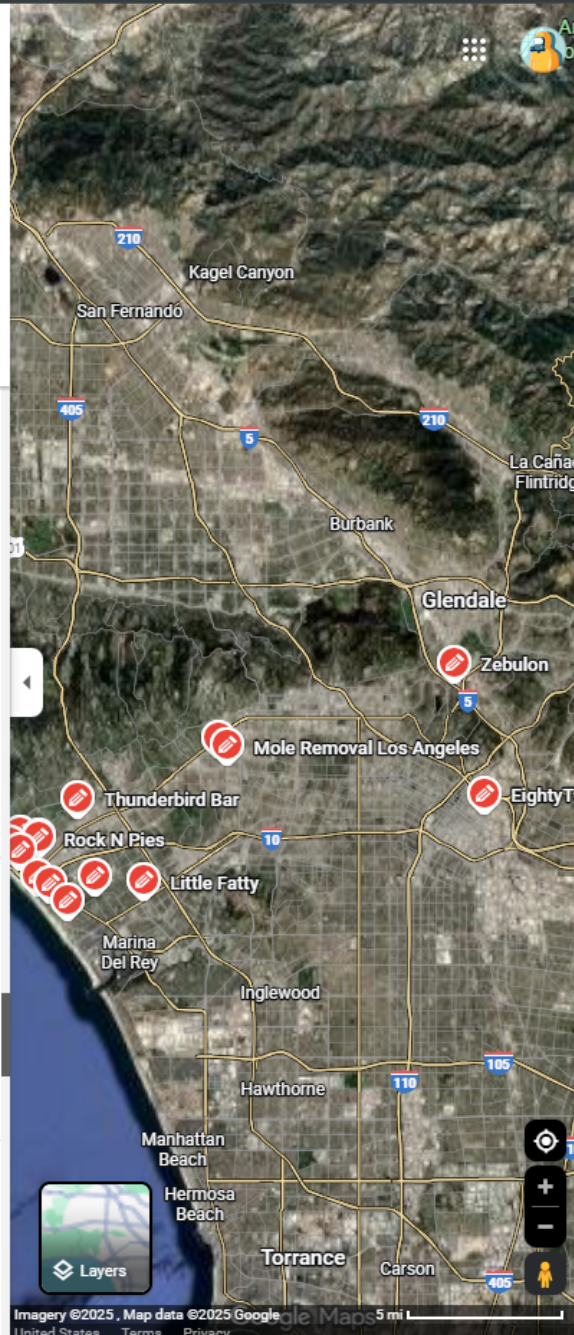
170 S Sunnyvale Ave, Sunnyvale, CA 94086

★★★★★ 3 years ago

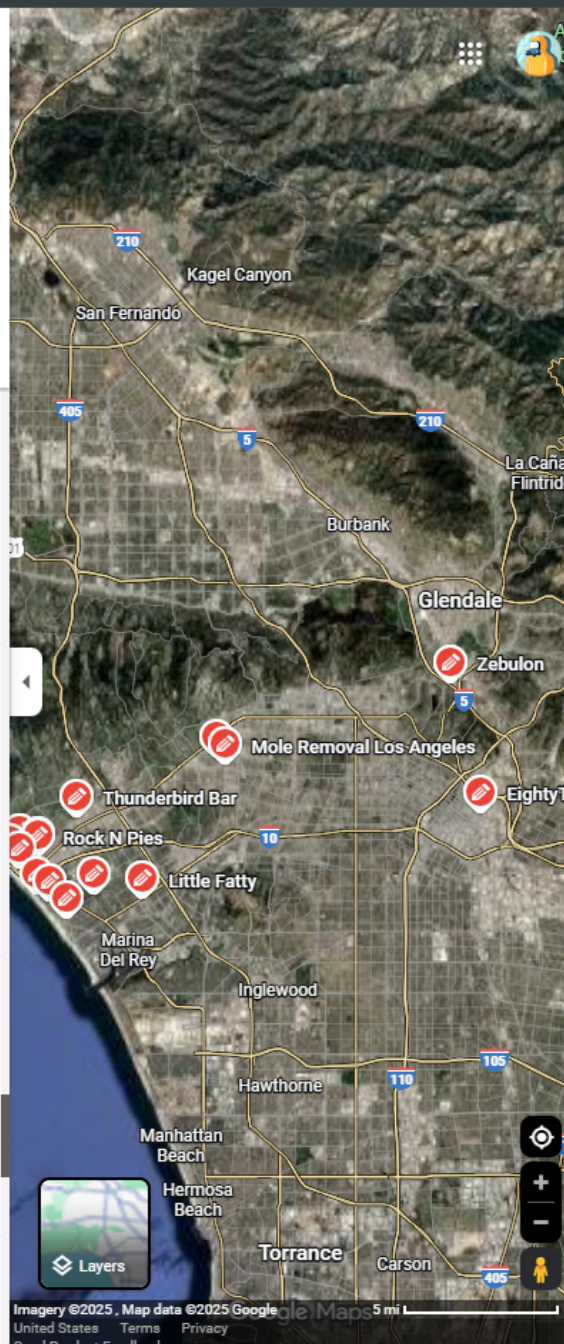


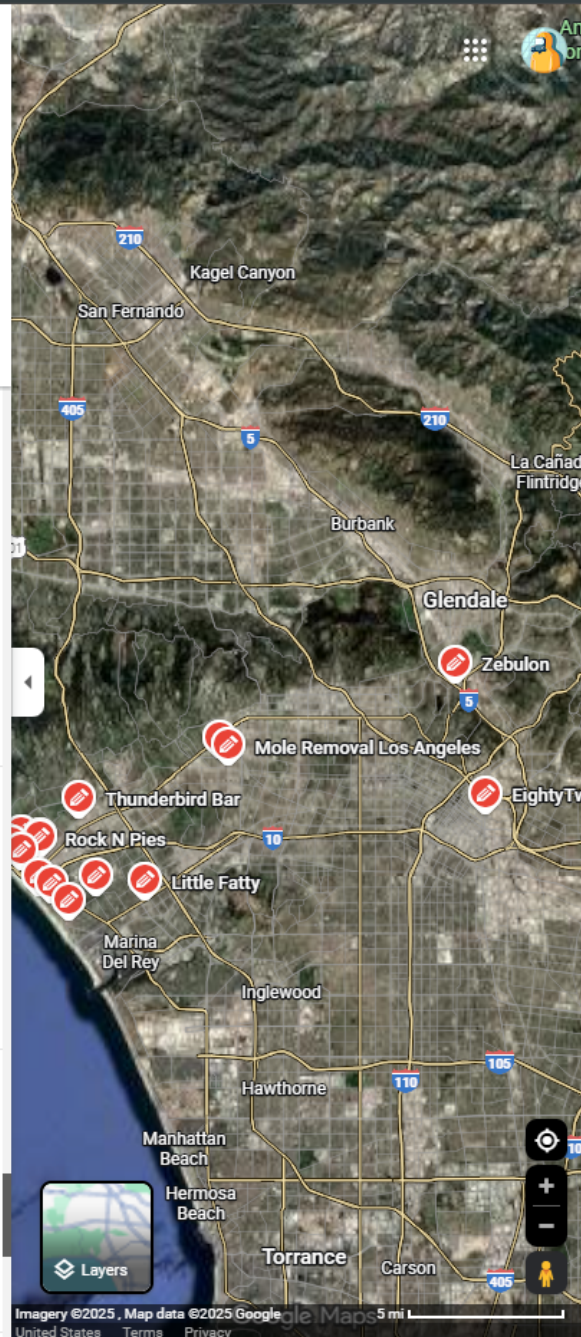
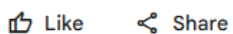












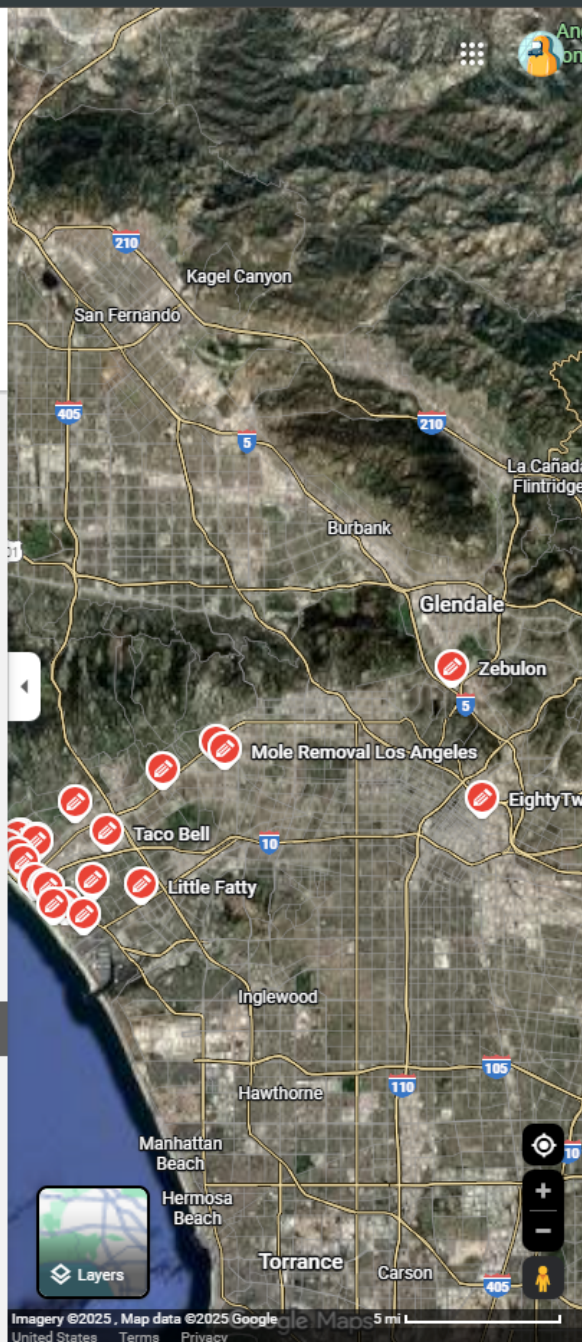








Good tacos









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Naomi Baer

Local Guide Level 5

696 points >

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Reviews

Photos



The Westin Tampa Bay

7627 W Courtney Campbell Cswy, Tampa, FL 33...

★★★★★ 3 years ago

Good hotel



Like



Share



Houston Marriott Medical Center/Museum Dis...

Driveway Entrance on, 6580 Fannin Street, 1730...

★★★★★ 3 years ago

Good hotel



Like



Share



Tampa International Airport

4100 George J Bean Pkwy, Tampa, FL 33607

★★★★★ 3 years ago

Good airport



Like



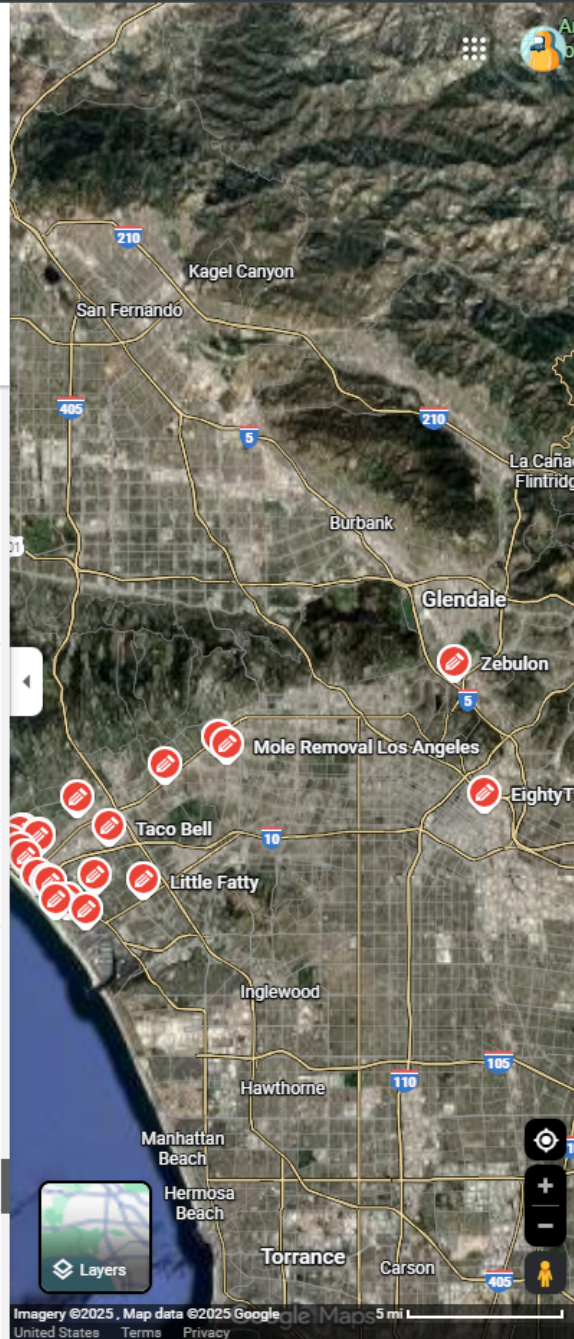
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Westfield Century City

10250 Santa Monica Blvd, Los Angeles, CA 900...

★★★★★ 3 years ago







Local Guide Level 5

Local Guide Level 5

696 points ›

500

1,500

## Reviews

## Photos



## Westfield Century City

10250 Santa Monica Blvd, Los Angeles, CA 900...

★★★★★ 3 years ago

Good mall



Like

 Share

### 230 Fifth Rooftop Bar

1150 Broadway, New York, NY 10001

★★★★★ 3 years ago

Good frosé



Like

 Share

### Sundays On The Bay


369 Dune Rd, Hampton Bays, NY 11946

★★★★★ 3 years ago

Good lunch



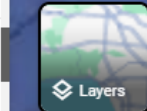
Like

 Share

## Sinigual

640 3rd Ave, Manhattan, NY 10017

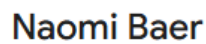
★★★★★ 3 years ago



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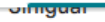


### Local Guide Level 5

696 points >

1,500

## Photos



640 3rd Ave, Manhattan, NY 10017

★★★★★ 3 years ago

Good lunch



Like



Response from the owner 3 years ago

Thank you for your review Naomi. We look forward to seeing you again soon!



East Elmhurst, NY 11371

★★★★★ 3 years ago

Good airport



Like



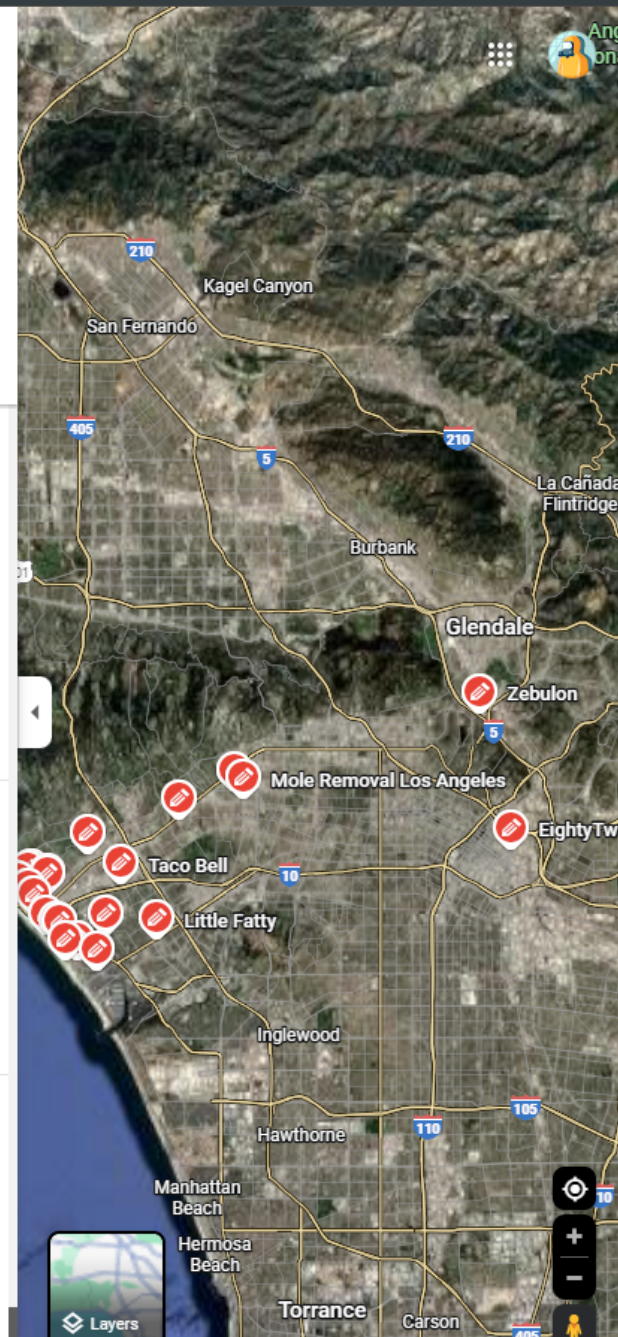
221 E 44th St, New York, NY 10017

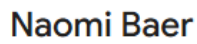
★★★★★ 3 years ago

Good hotel



Like



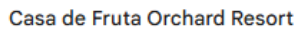


Local Guide Level 5

696 points ›

1,500

## Photos



10031 Pacheco Pass Hwy, Hollister, CA 95023

★★★★★ 3 years ago

Good bathroom



 Share



820 Montana Ave, Santa Monica, CA 90403

★★★★★ 3 years ago

Good groceries



Share



253 Edwards Ave, Calverton, NY 11933

★★★★★ 3 years ago

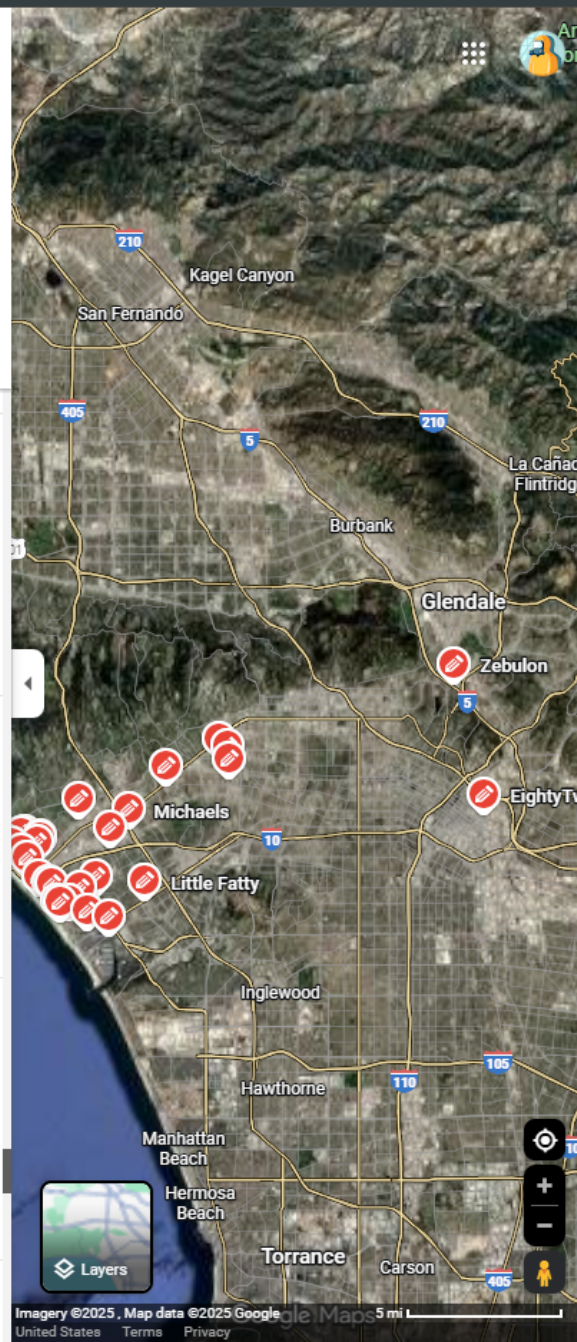
Good bus



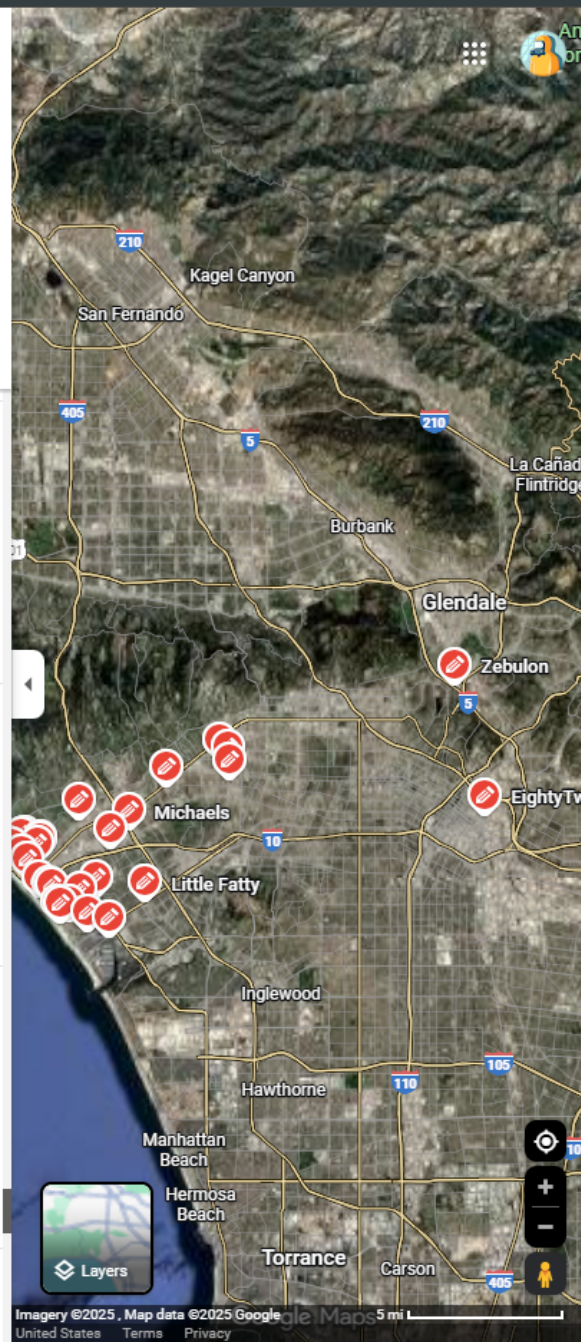
Share

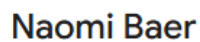
Starbucks

701 Montana Ave, Santa Monica, CA 90403









## Local Guide Level 5

696 points ›

1,500

## Photos




822 Washington Blvd, Venice, CA 90292

★★★★★ 3 years ago

Good restaurant




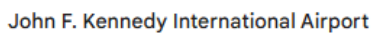
 Share



11260 W Olympic Blvd One, Los Angeles, CA 90...

★★★★★ 3 years ago

Good craft store


 Share

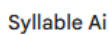
Queens, NY 11430

★★★★★ 3 years ago

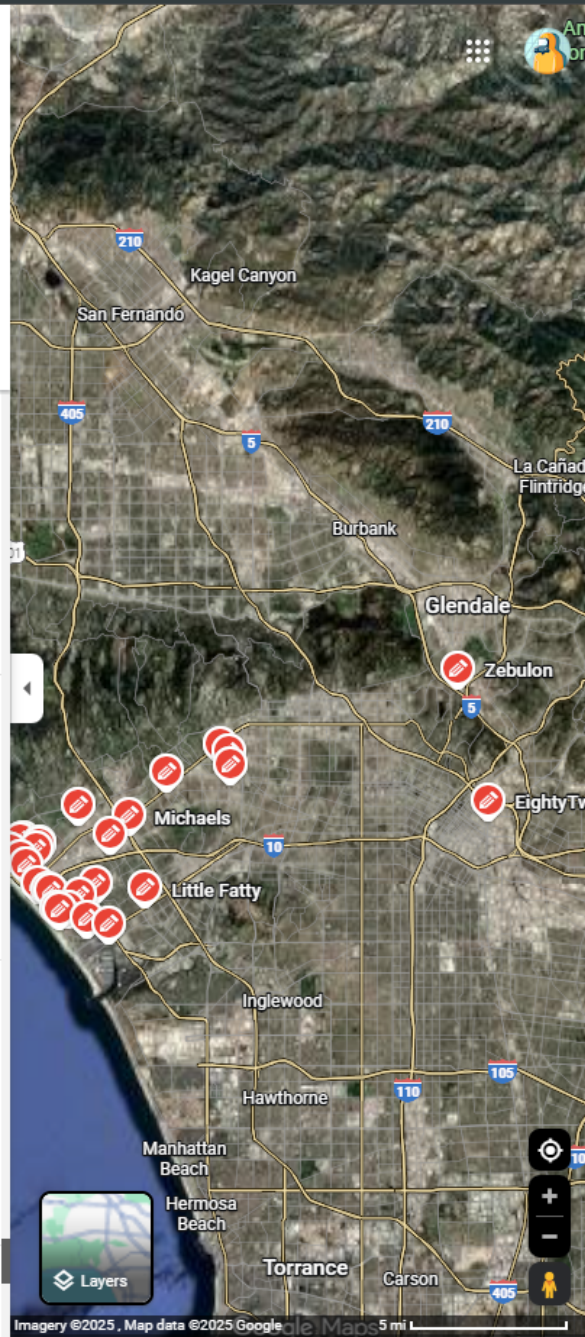
Good airport



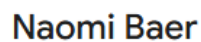
 Share



800 W El Camino Real Suite 275, Mountain View,...





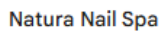


Local Guide Level 5

696 points ›

1,500

## Photos




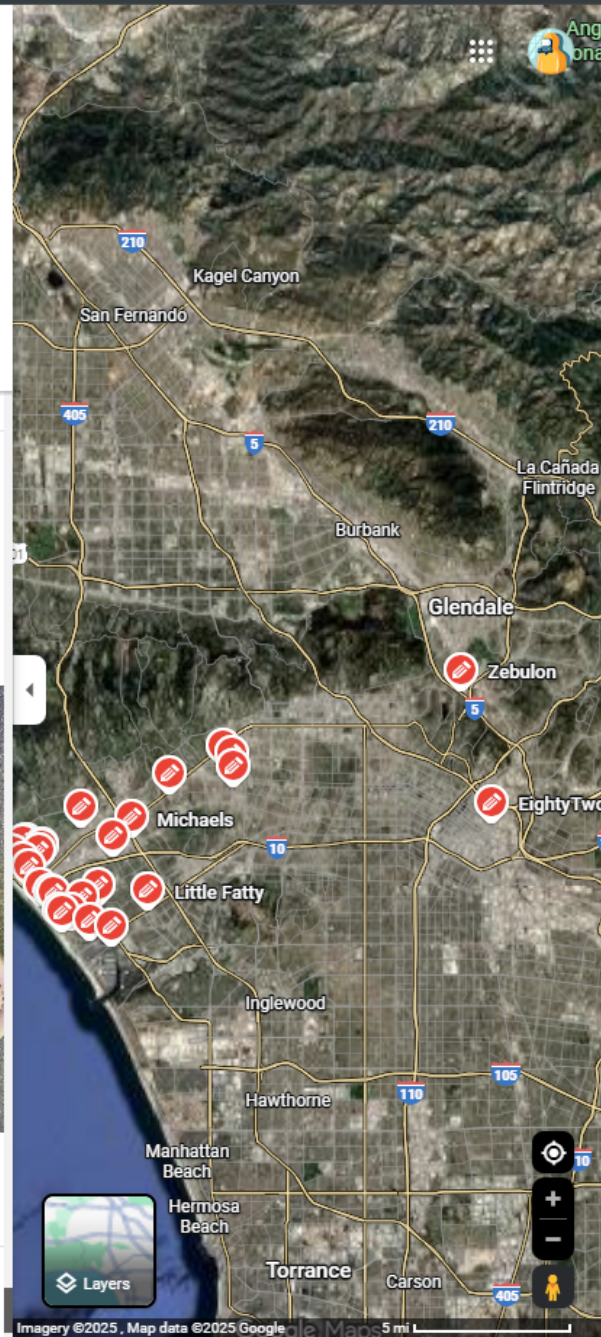
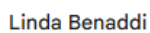
922 Wilshire Blvd, Santa Monica, CA 90401

★★★★★ 3 years ago

My favorite nail salon in SM! Lovely manager and stylists. I go here for my gel mani and regular pain every time I need a refresh



 Share







Naomi Baer

Local Guide Level 5

696 points ›

500

1,500

## Reviews

## Photos



Linda Benaddi

★★★★★ 4 years ago

Linda recently helped me move into a new apartment and was incredible. Even though I needed to move to a new place in a rush and in a SUPER hot housing market, Linda patiently helped me apply to multiple places and ultimately find my DREAM apartment. :) It was my first time working with an agent, and if I hadn't worked with Linda I certainly wouldn't have found the home I currently live in (which is the nicest I've ever lived in). I am so thankful for Linda and recommend x100000

**Positive**

Responsiveness, Quality, Professionalism, Value



Like



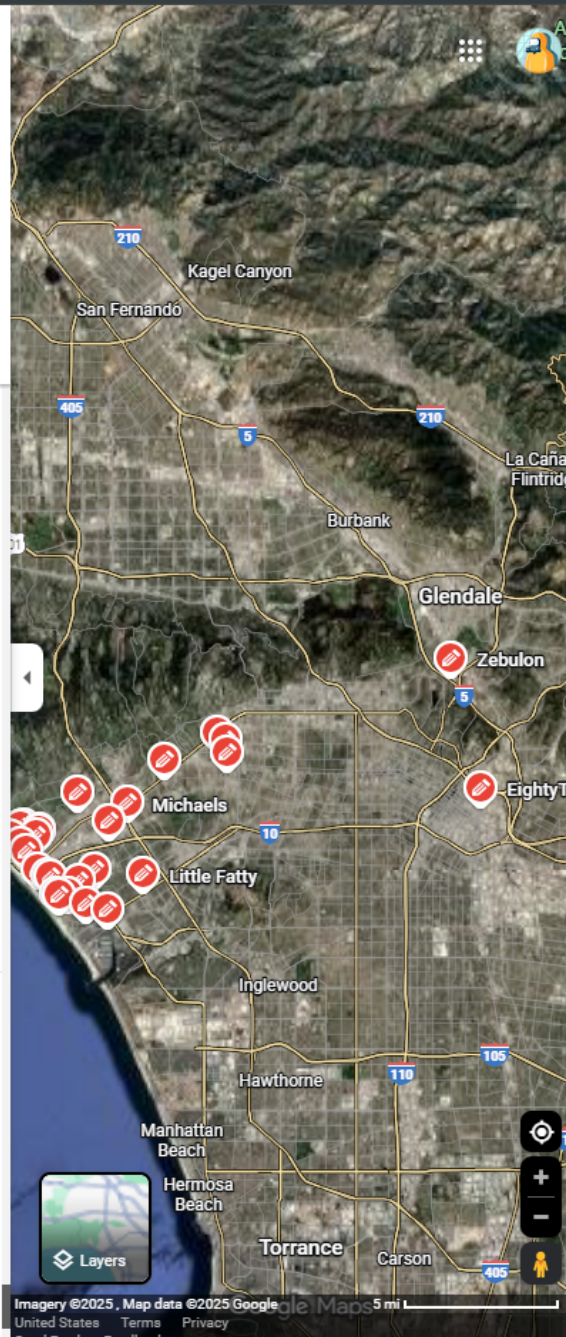
Share



**LA Pain: Joseph Enayati, DO, Charles Gruver, ...**  
822 S Robertson Blvd #100, Los Angeles, CA 90...

★★★★★ 4 years ago

I have seen almost 10 specialists for the pain that I've been experiencing in my lower back and have seen dozens of doctors over the years for other injuries and surgeries resulting from being an athlete. Without a doubt, Dr. Enayati is the single best doctor I have ever had. He took extensive time to talk both me and my family through my complicated diagnosis, the implications of it, and the next steps. He was honest





Naomi Baer

Local Guide Level 5

696 points ›

500

1,500

## Reviews

## Photos

Responsiveness, Quality, Professionalism, Value



Like



Share



**LA Pain: Joseph Enayati, DO, Charles Gruver, ...**  
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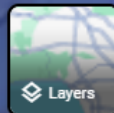
Like



Share

Response from the owner 4 years ago

Thank you Naomi for this super nice review. I am beyond flattered and humbled by your words. I would like to thank you for reminding me how meaningful it is to be a physician!



Imagery ©2025, Map data ©2025 Google Maps 5 mi  
United States Terms Privacy





# TikTok

[@tiktokstarnaomi](#)

System ID: [646091](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7548502826306030861>

*After DOI*

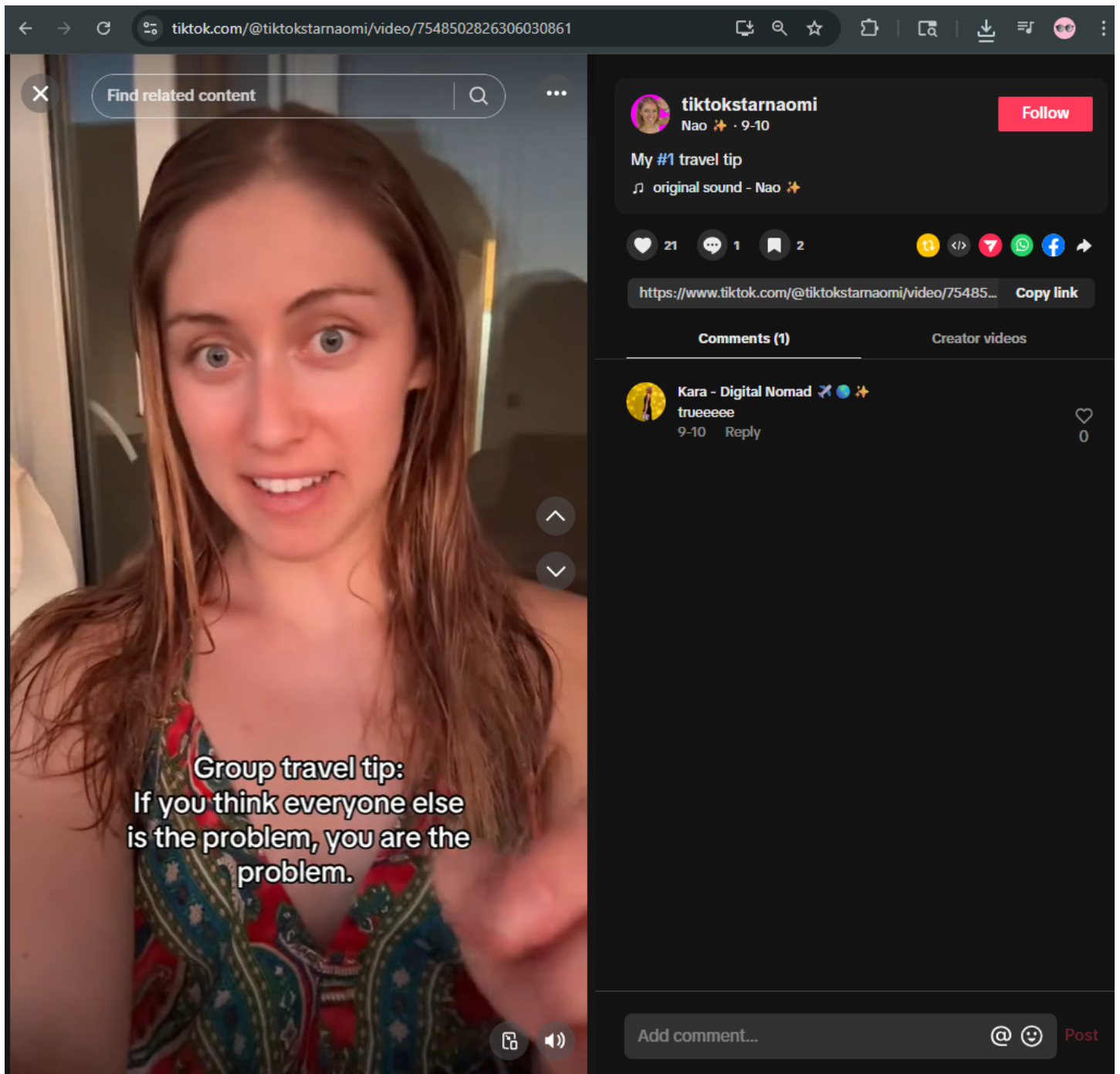
"My #1 travel tip"



Posted: Sep 10, 2025



Captured: Sep 24, 2025



[Link to download video](#)

# TikTok

@tiktokstarnaomi

System ID: 646097



Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7549928057017060622>



Posted: Sep 14, 2025



Captured: Sep 24, 2025

After DOI

At Butterfly Valley in The Turkish Riviera "Words can't describe the beauty of the Turkish Riviera"

←

→

↺

tiktok.com/@tiktokstarnaomi/video/7549928057017060622

×

Find related content

⋮

tiktokstarnaomi

Nao · 9-14

Follow

Words can't describe the beauty of the Turkish Riviera

original sound - Nao

33

4

2

<https://www.tiktok.com/@tiktokstarnaomi/video/7549928057017060622>

Copy link

Comments (4)

Creator videos

Mert Gulen

Beautiful

6d ago · Reply

0

fsu439

TURKIYE, not turkey!

9-15 · Reply

0

Mert Gulen

Have to check out Marmaris!!

6d ago · Reply

0

Fanndr

I'm glad cat is with you on this beautiful trip... I remember an earlier post where you said that traveling by yourself can be a bit lonely... Truly happy for you. And I love the incredible photos.

9-14 · Reply

0

Add comment...

Post

Yes everyone is traveling to Turkey...this is why

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

System ID: [646102](#)

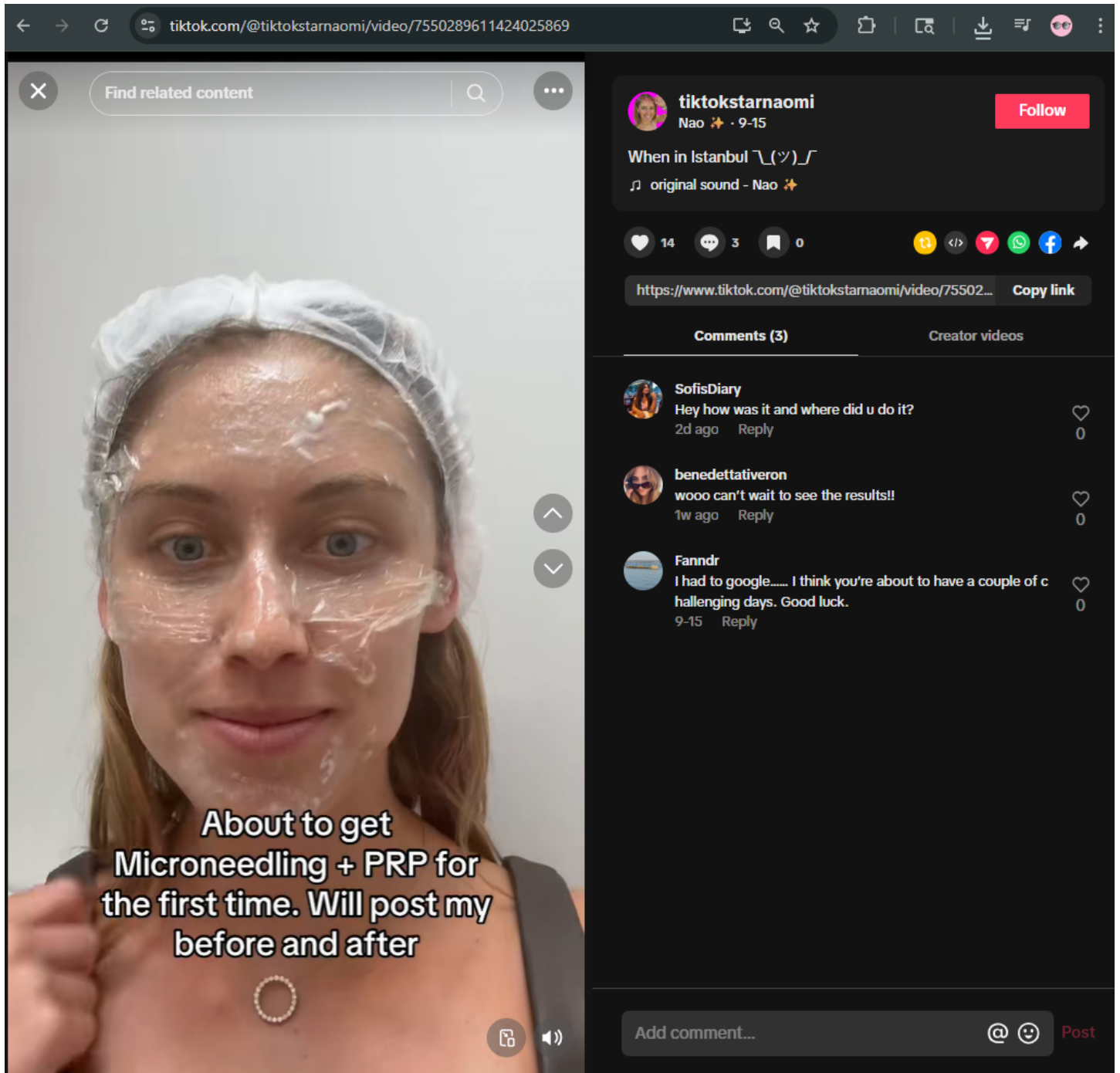
Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7550289611424025869>


*After DOI*

Most recent post: selfie video in Istanbul, Turkey "When in Istanbul 🇹🇷/🇹🇷"




[Link to download video](#)

 USPhoneBook.com

 Posted: Sep 24, 2025

 System ID: [646148](#)


 Captured: Sep 24, 2025


 [Naomi Ellen Baer](#)


 <https://www.usphonebook.com/naomi-baer/U0kDN3UTM3gjM1EDM1IzN0QDOz0yR>


After DOI


Name and location led to Subject & associates




 **Naomi Baer**  
Also known as: Naomi E Baer.  
28 years old

 Current Address :  
  
[211 S Spalding Dr, UNIT S206, Beverly Hills, CA 90212-3662](#)  
(Aug 2023 - Aug 2025)

 Current Phone Number :  
  
[\(310\) 203-9417](#)  
Landline  
Pacific Bell Telephone Company  
Last Report August 2025


 Previous Addresses :  
  
[1228 9th St, APT 1, Santa Monica, CA 90401-1843](#) (Apr 2021 - Sep 2021)  
[1060 College Ave, Menlo Park, CA 94025-5210](#) (Jun 2002 - Jan 2025)  
[Show More...](#)

 Previous Phone Numbers :  

[\(303\) 786-9223](#)  
Landline  
Qwest Corporation  
Last Report September 2024

[\(650\) 325-3444](#)  
Landline  
Pacific Bell Telephone Company  
Last Report April 2024

  
[Hide](#)

 Full Background Report (Sponsored)

- Current & Past Contact Info
- Addresses & Phone Numbers

- Properties & Assets
- Public Records
- Criminal Records
- Court Records

- Family & Associates
  - Social Media & Photos
- Liens

View Full Background Report

🏢 Workplace for Naomi Baer

*Current*  
Strategy And Operations  
Syll ██████████  
Sunnyvale, CA, 94087  
Software And Internet  
[Hide](#)

👤 Relatives

<a href="#">Daniel Baer</a>	<a href="#">Donald Baer</a>
<a href="#">Douglas Baer</a>	<a href="#">Ilana Baer</a>
<a href="#">Sheri Baer</a>	<a href="#">Susan Howard</a>
<a href="#">Carolyn Gevurtz</a>	<a href="#">Charles Howard</a>
<a href="#">Charlotte Baer</a>	<a href="#">and 39 more available</a>

👥 Associates

<a href="#">Alexander Ireland</a>	<a href="#">Herbert Howard</a>
<a href="#">William Molle</a>	

✉ Email:

[d\\*\\*\\*\\*\\*@stanfordalumni.org](#)  
[n\\*\\*\\*\\*\\*@gmail.com](#)

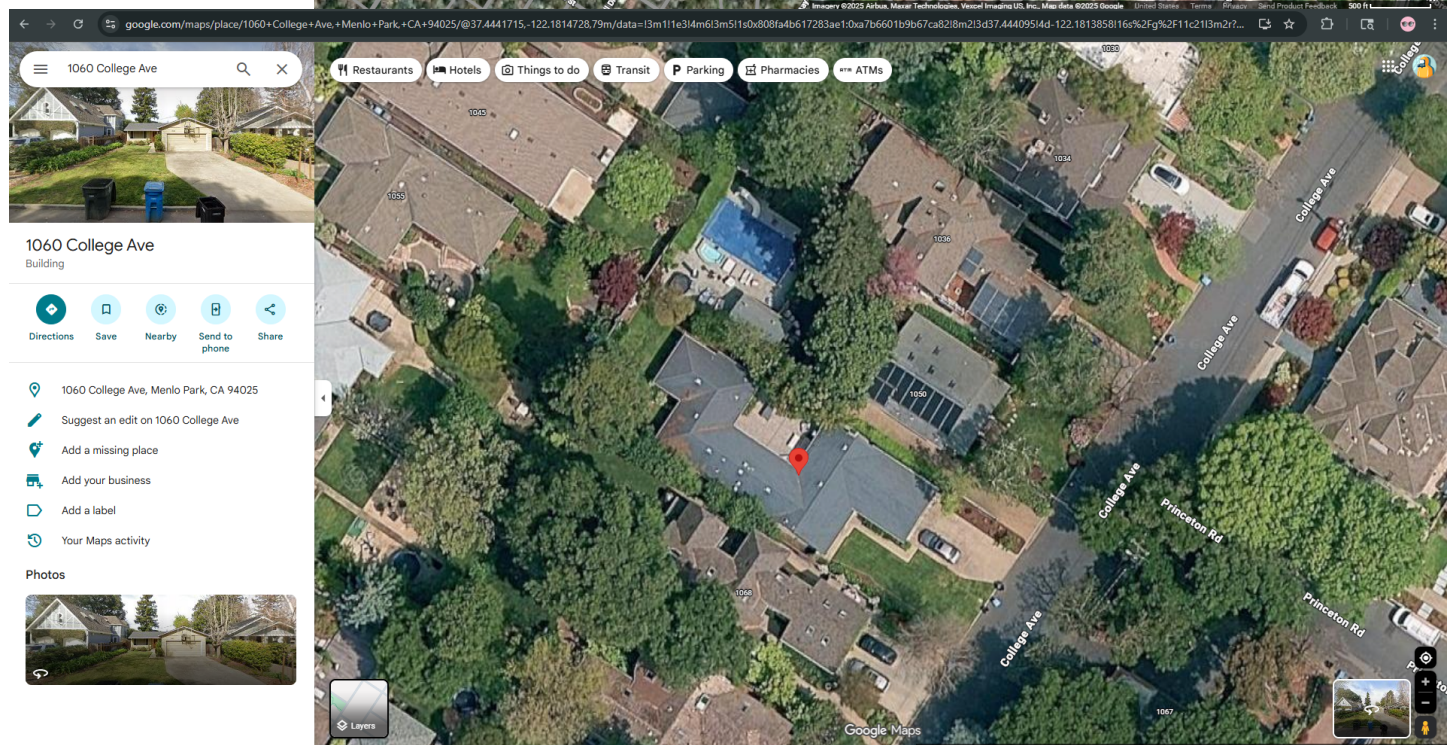
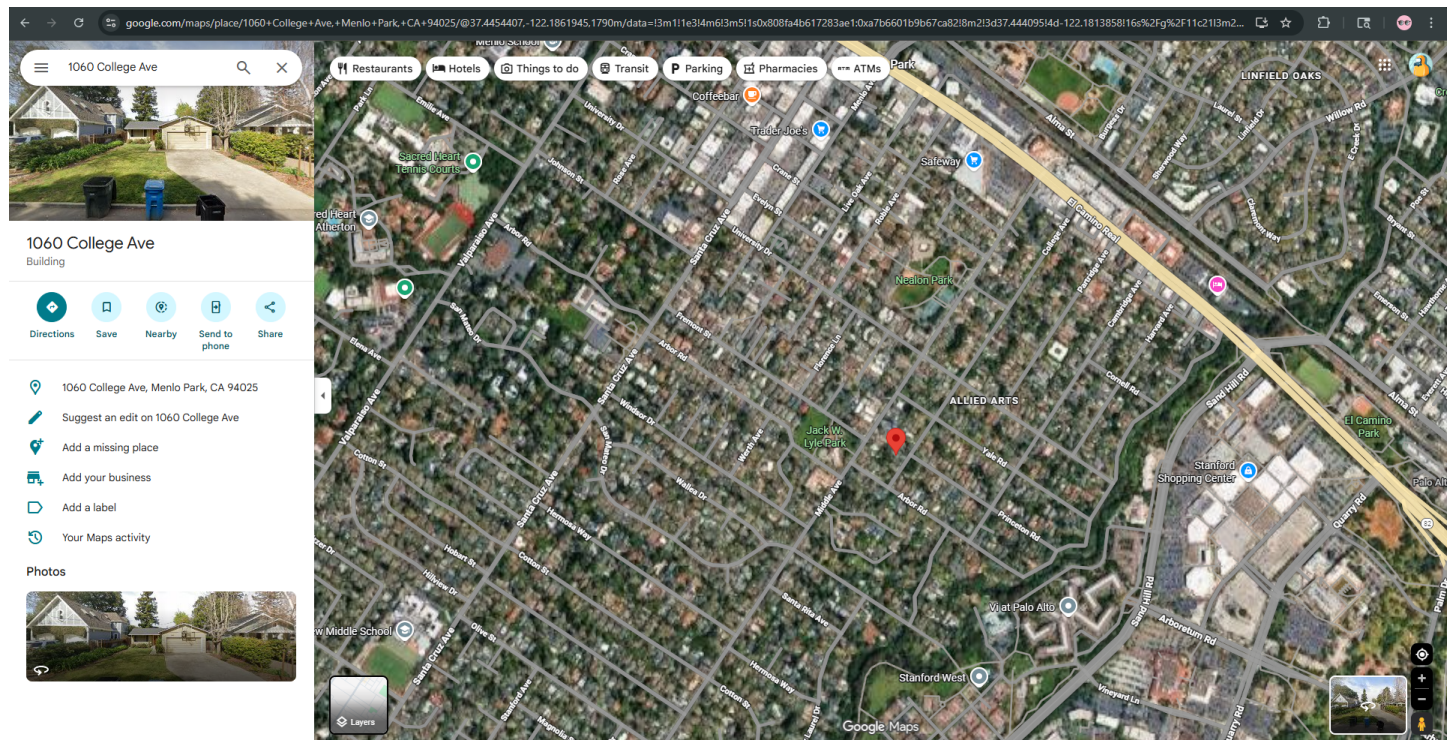


[https://www.google.com/maps/place/1060+College+Ave,+Menlo+Park,+CA+94025/@37.4440946,-122.1916855,3577m/data=!3m2!1e3!4b1!4m6!3m5!1s0x808fa4b617283ae1:0xa7b6601b9b67ca82!8m2!3d37.444095!4d-122.1813858!16s%2Fg%2F11c2113m2!7entry=tu&q\\_ep=EgoyMDI1MDkxNy4wLWkxMDSoASAFQAw%3D%3D](https://www.google.com/maps/place/1060+College+Ave,+Menlo+Park,+CA+94025/@37.4440946,-122.1916855,3577m/data=!3m2!1e3!4b1!4m6!3m5!1s0x808fa4b617283ae1:0xa7b6601b9b67ca82!8m2!3d37.444095!4d-122.1813858!16s%2Fg%2F11c2113m2!7entry=tu&q_ep=EgoyMDI1MDkxNy4wLWkxMDSoASAFQAw%3D%3D)

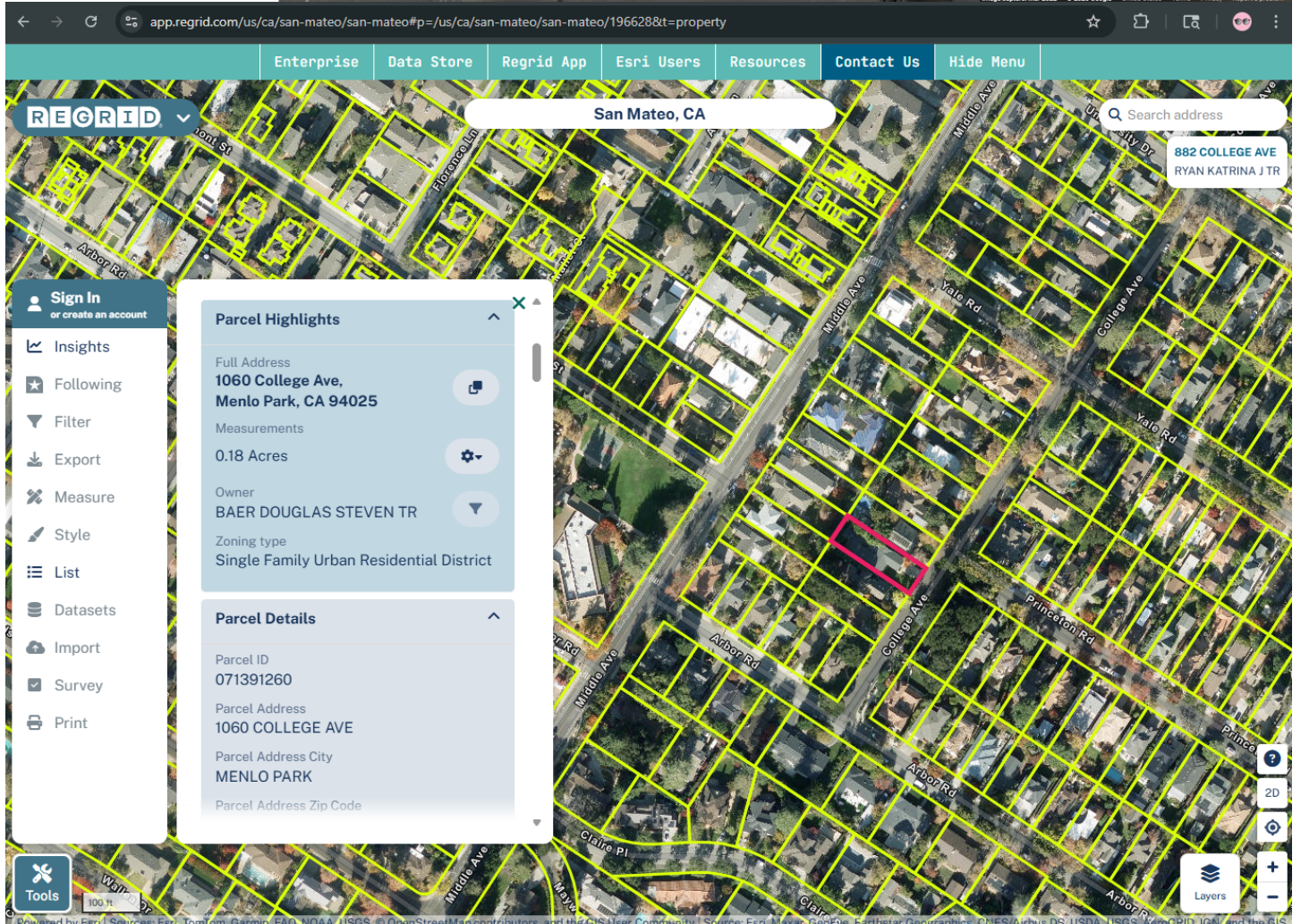
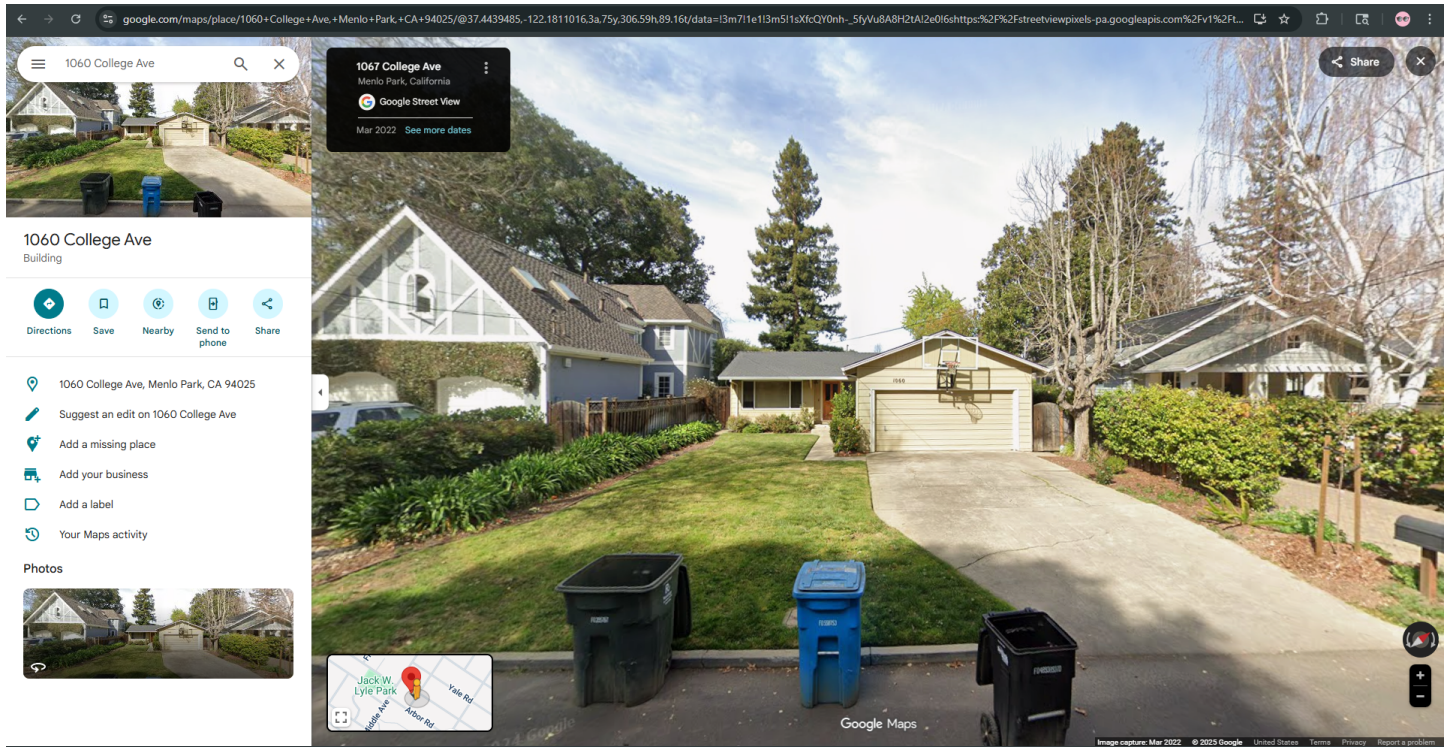
## After DOI

Address, per Requestor, is 1060 College Ave, Menlo Park, CA 94025. Subject was not listed on the property records Link to Property Records:

<https://app.regrid.com/us/ca/san-mateo/san-mateo#p=/us/ca/san-mateo/san-mateo/196628&t=property>









# TikTok

[@tiktokstarnaomi](#)

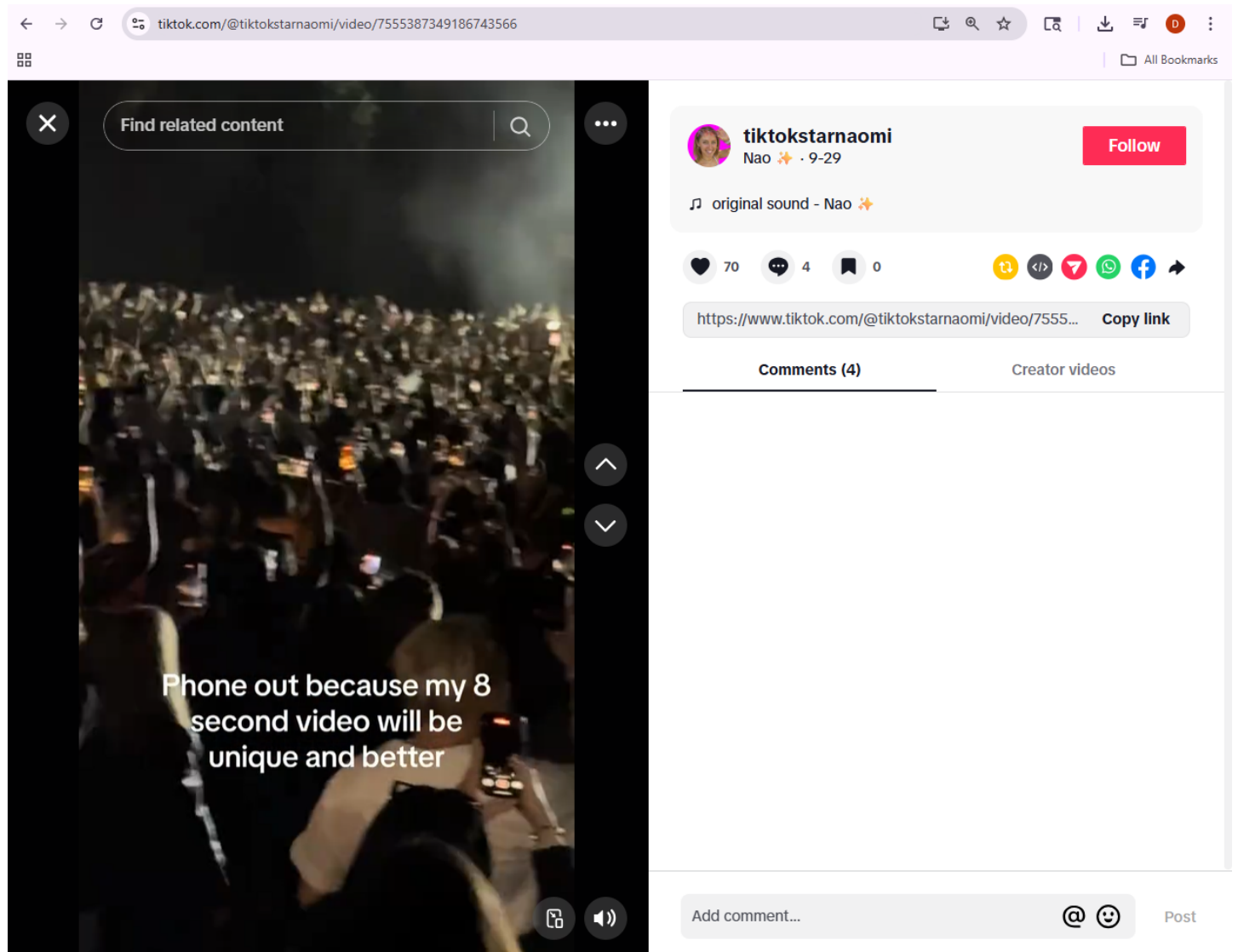
System ID: [674103](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/7555387349186743566>

*After DOI*

Subject shared a video at an event with multiple other individuals (concert)



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Dec 05, 2025

System ID: [674107](#)



Captured: Dec 08, 2025



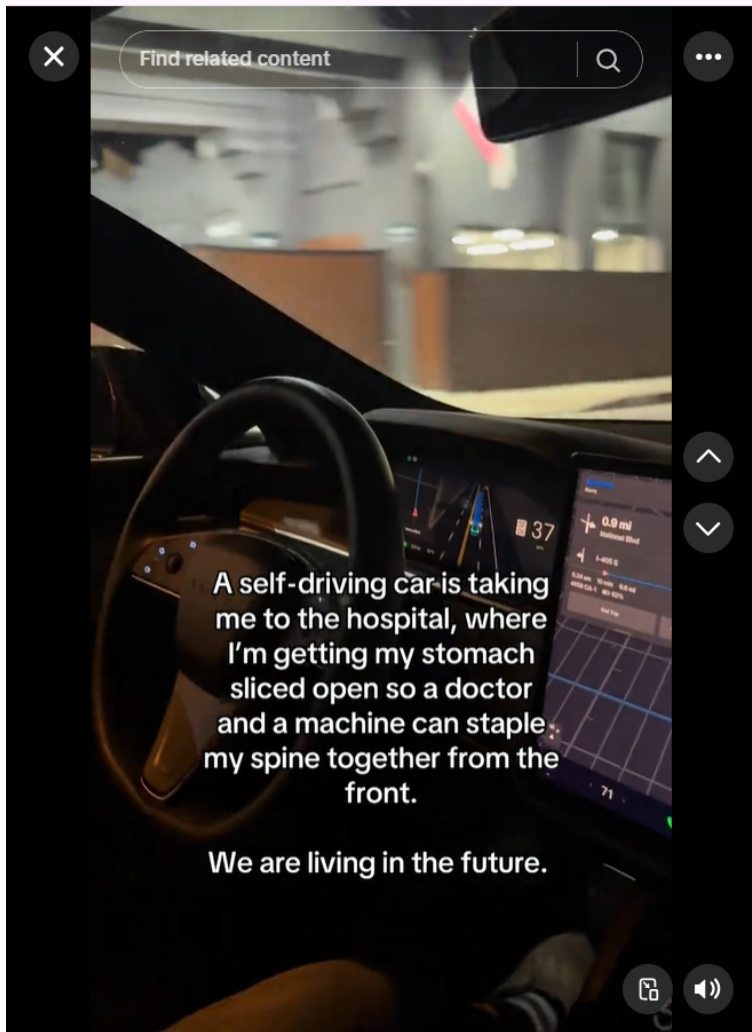
[Naomi Ellen Baer](#)




<https://www.tiktok.com/@tiktokstarnaomi/video/7580363360642813197>

*After DOI*

Subject shared a video with the text "A self-driving car is taking me to the hospital, where I'm getting my stomach sliced open so a doctor and a machine can staple my spine together from the front. We are living in the future.".



[Link to download video](#)

**tiktokstarnaomi**  
Nao 🌟 · 3d ago

[Follow](#)

A bit existential [#spinalfusion](#)

🎵 Type Shit - Future & Metro Boomin & Travis Scott & Playboi Carti

❤️ 39

💬 4

📌 0

🔄

⌂

🔗

📧


📺


📱


<https://www.tiktok.com/@tiktokstarnaomi/video/7580...> [Copy link](#)


Comments (4)


Creator videos

Kellie Blessing  
Good luck!! Mine is on Sunday- following your journey.  
2d ago Reply

andie  
girl who's driving you home??  
3d ago Reply

Ilana Baer  
Hot girl shit  
3d ago Reply

Chanele Czopp  
Omg Naomi !!!  
3d ago Reply

ses  
Um

Add comment...

@ 😊

Post

# TikTok

[@tiktokstarnaomi](#)



Posted: Dec 06, 2025

System ID: [674118](#)



Captured: Dec 08, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7580572608635211063>

*After DOI*

Subject shared a video shortly after surgery. In the video Subject mentioned the surgeon said the surgery went really well. Activity shared in the video and comment section indicate Subject has previous back pain.



Nao 🌟 · 2d ago

Follow

Hello world! 🍌 🥰

🎵 original sound - Nao ✨

 25
  6
  0
 







<https://www.tiktok.com/@tiktokstarnaomi/video/7580...> **Copy link**

Comments (6)

Creator videos



teeana flows+creates

:) have a speedy recovery!!! ❤️

2d ago Reply 

2



ELENA 

Sending you love bro!! ❤️

1d ago   Reply

0



emmy

Proud of you love you thinking of you ❤️ ❤️ so glad it went well

1d ago   Reply

0



Twinmomsz

Hi Nai! So brave and so strong for you to share your experience. Now that the surgery is behind you you can begin to heal and recover. Sending hugs from family 🤗

Adabo Only 

1

Add comment...

@ 😊

Post





[Link to download video](#)

Creator videos


1d ago   Reply

1d ago   Reply

2d ago   Reply   

2d ago   Reply 

2d ago    Reply

[Back to top](#) 

Add comment...



Post

# TikTok

[@tiktokstarnaomi](#)



Posted: Dec 06, 2025

System ID: [674122](#)



Captured: Dec 08, 2025



[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7580634775841557774>


*After DOI*

Subejct shared a video while staying overnight in the hospital. In the comment section Subject states "the staff have been amazing and this is covered by insurance".





Creator videos

- [Back to top](#) 

@ 😊

Post

# TikTok

[@tiktokstarnaomi](#)



Posted: Dec 06, 2025

System ID: [674131](#)



Captured: Dec 08, 2025



[Naomi Ellen Baer](#)



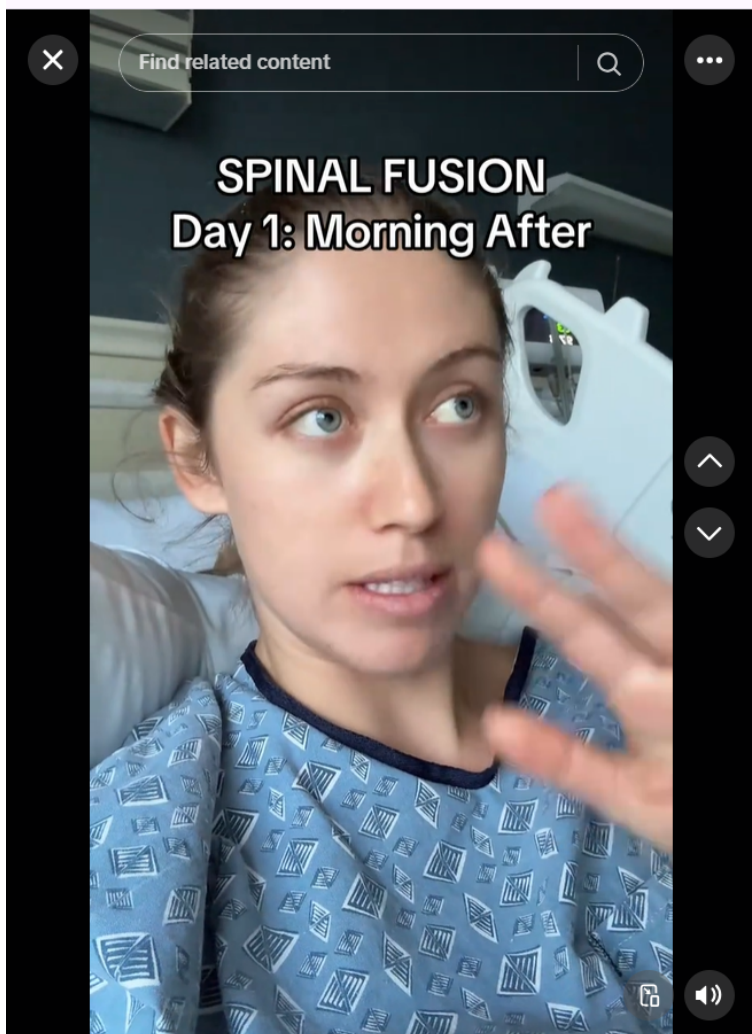
<https://www.tiktok.com/@tiktokstarnaomi/video/7580779738751405326>

*After DOI*

Subject shared a video discussing her spinal fusion surgery Caption: Checking in from the hospital. Day 1!  
#spinalfusion








[Link to download video](#)

## Comments (9)


Creator videos

- 

Fanndr

Sister had this in 2024..... she needed "a cage" in addition to a fusion. She healed nicely but she claims can faintly "feel" the hardware in her back (but it's a very minor issue). Your updates are great.... and so informative.


1d ago Reply

3
- 

timkirk12

How are they treating your pain? I am sorry to hear that the surgery took longer, but you look great!


2d ago Reply

1
- 

Nao 🌟 · Creator

Thank youuu!! Lots and lots of different meds. No narcotics though. Pills and IV drips!


14h ago Reply

0
- Hide
- 

cozywithzoe

So glad it went well, and that you have a great medical team ❤️ hope your recovery goes smoothly!


1d ago Reply

1
- 

ELENA ❤️

Love to know it went well 🌟

1d ago Reply

2
- 

Paige Arnold

So glad it went well ! X

1d ago Reply

3

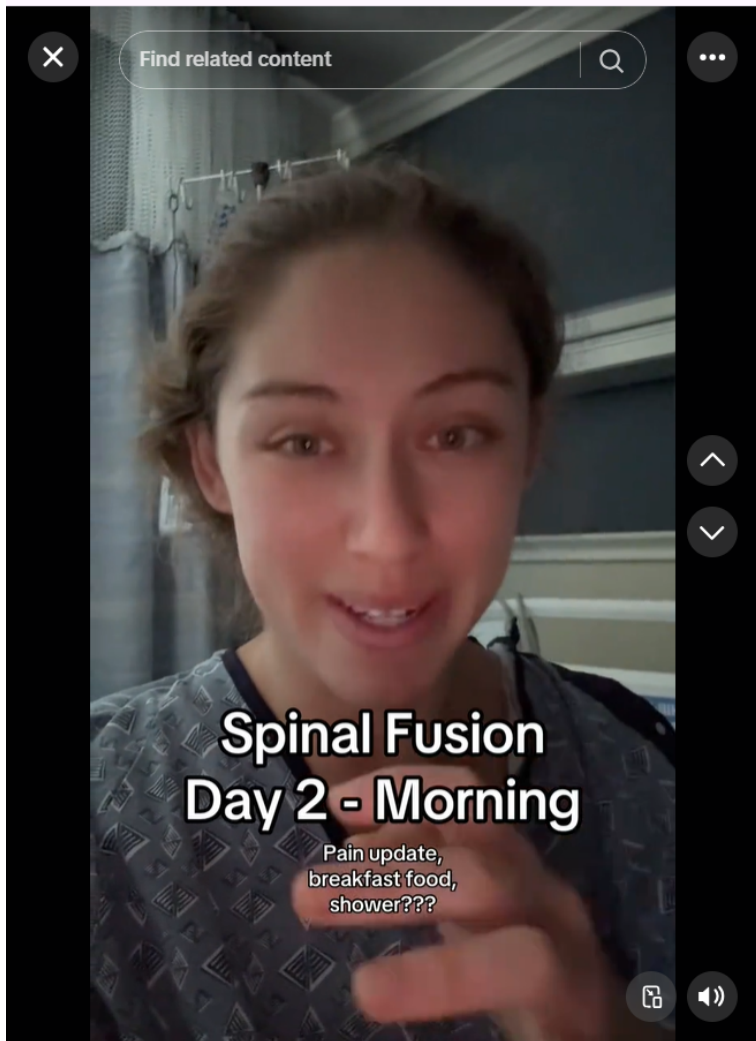
Back to top ↗

Add comment...



Post





[Link to download video](#)

**Comments (6)** **Creator videos**

surgery site was on the back side. 0  
21h ago Reply

**Nao** ✨ - **Creator**  
Very normal! It's called an ALIF (as opposed to a TLIF). Apparently accessing the spine through the front makes sense for a lot of conditions, including mine 0  
20h ago Reply

**Vanessa brown**  
I was cured from Als by Dr Omole natural herbs cure medicine within 3weeks of usage,you can make purchase for your healing herbs cure medicine at [@Dr Omole Herbal Cures](#) 0  
20h ago Reply

**calabasasdaddy**  
Who is your doc at Cedars? I'll be there Thursday with Dr Perry for L4-L5 1  
18h ago Reply

**Nao** ✨ - **Creator**  
Oh no way!! Dr. Perry was one of the surgeons I met with a few years back, I loved her and have heard AMAZING things. I ended up going with Dr. Melamed. But you are in GREAT hands!! 0  
15h ago Reply

[Back to top](#)

Add comment... @ 😊 Post



# TikTok

[@tiktokstarnaomi](#)

System ID: [674149](#)

Naomi Ellen Baer



<https://www.tiktok.com/@tiktokstarnaomi/video/7580954031393230094>

*After DOI*

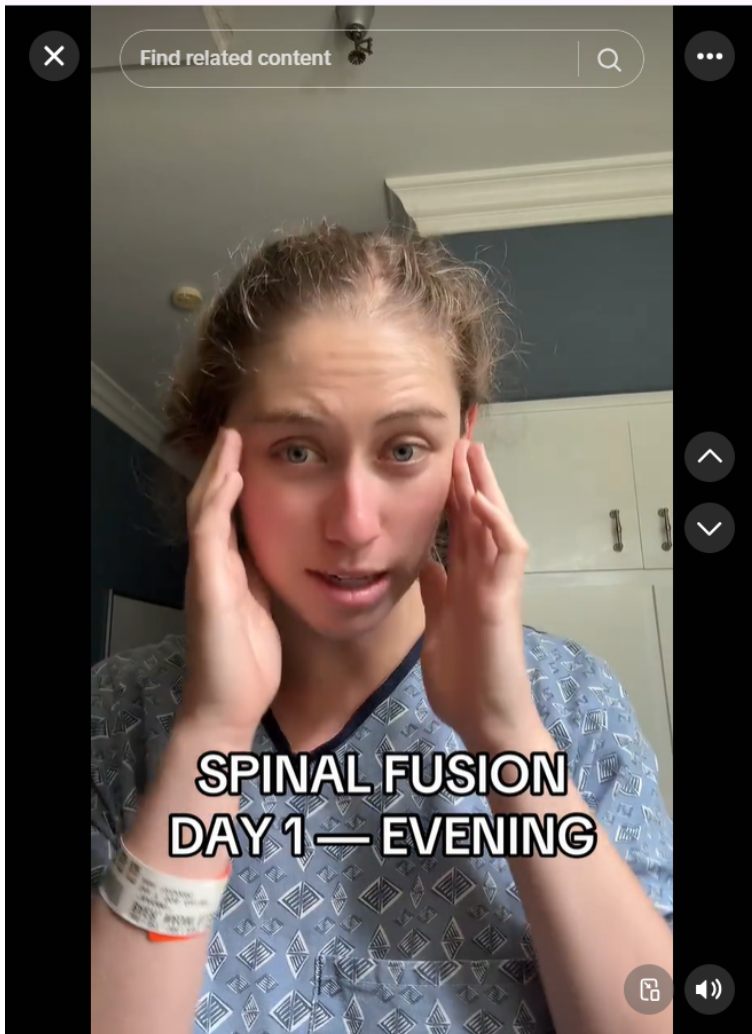
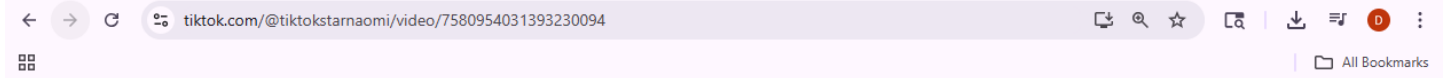
Caption: First full day after #spinalfusion feeling reasonable!!



Posted: Dec 07, 2025



Captured: Dec 08, 2025



tiktokstarnaomi

Nao ✨ · 1d ago

Follow

First full day after [#spinalfusion](#) feeling reasonable!!

🎵 original sound - Nao 🌟

 30

 1

<https://www.tiktok.com/@tiktokstarnaomi/video/75809...>

**Copy link**

### Comments (1)

Creator videos

Add comment...



Post

[Link to download video](#)



# TikTok

[@tiktokstarnaomi](#)

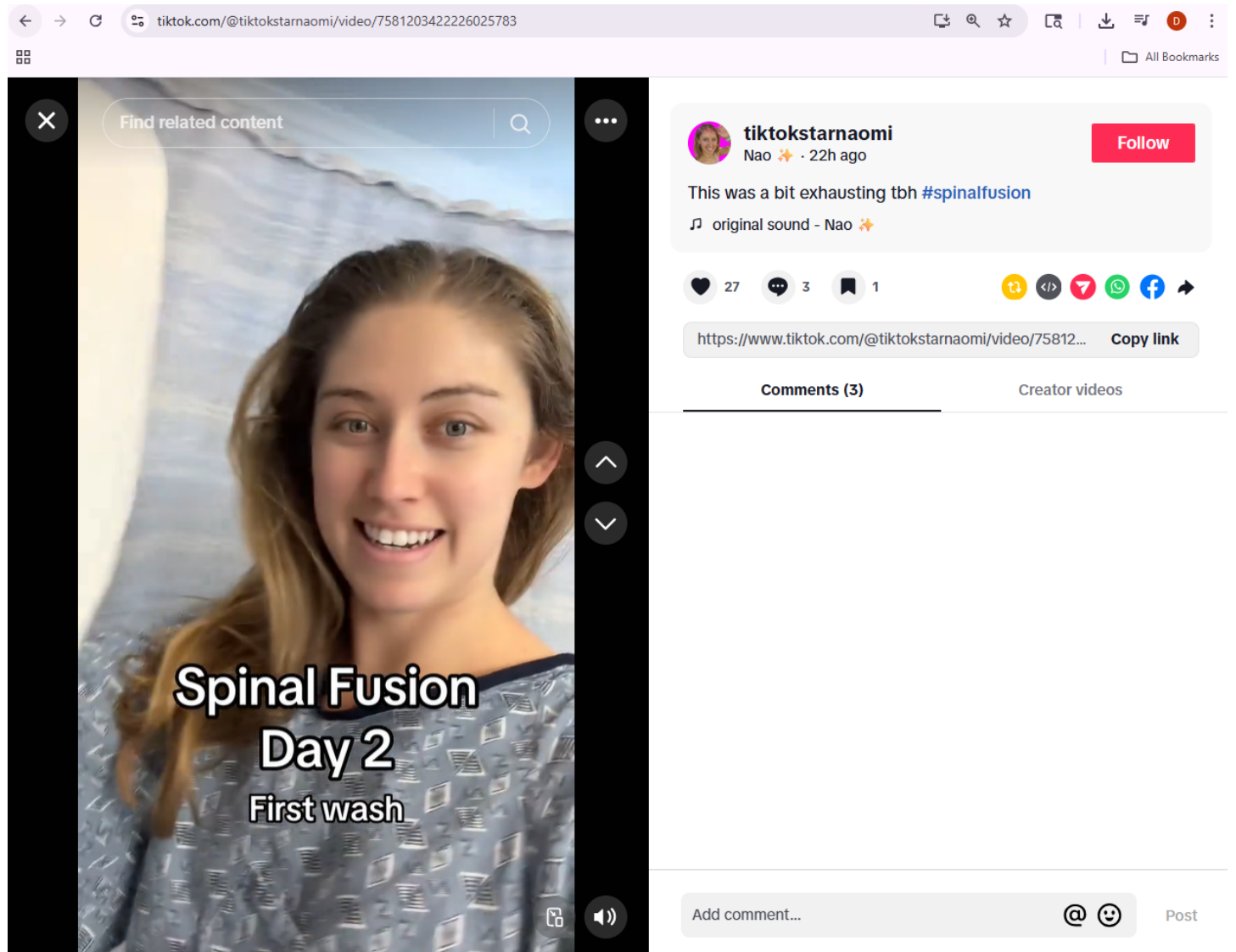
System ID: [674181](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/758120342226025783>

*After DOI*

Subject shared a video with the text "Spinal Fusion Day 2 First Wash"



[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)



Posted: Dec 08, 2025

System ID: [674188](#)



Captured: Dec 08, 2025



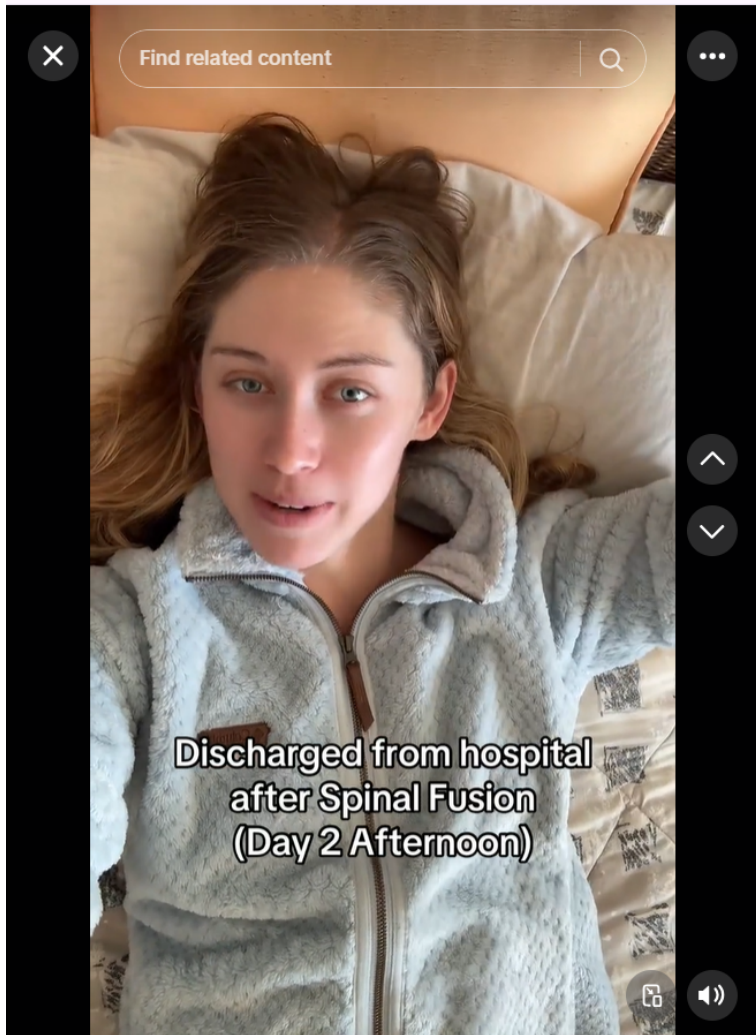
[Naomi Ellen Baer](#)



<https://www.tiktok.com/@tiktokstarnaomi/video/7581244187681590541>

*After DOI*

Subject shared a video with the text "Discharged from hospital after Spinal Fusion (Day 2 Afternoon)". In the video Subject stated she was feeling some pain.



 **tiktokstarnaomi**  
Nao 🌟 · 20h ago

Follow

Home sweet home!!


🎵 original sound - Nao 🌟

🍷 13 💬 5 📄 0 🔄 ⌨️ 📧 📱 📺 ➦


<https://www.tiktok.com/@tiktokstarnaomi/video/7581...> Copy link

Comments (5)


Creator videos

 **Fannr**  
My sister was in pain for a while.... Went into PT rehad for 4 days..... and then, in 3 months, she was totally "better than new." (But claims she can "feel" the hardware ... but not an issue).... It was an excellent outcome. You're doing beautifully. 🍷 1

13h ago Reply 🗨️  
View 2 replies ▾

 **ScaredyKat** 💙  
Wow! That's fantastic. I had a spinal fusion in March 2025 and spent 3 said in the hospital. I wish you well in your recovery 🍷 1

20h ago Reply 🗨️

 **Nao** 🌟 · **Creator**  
Thank youuu 🍷 🍷 1  
15h ago Reply

Hide ^

Add comment...



Post

[Link to download video](#)

# TikTok

[@tiktokstarnaomi](#)

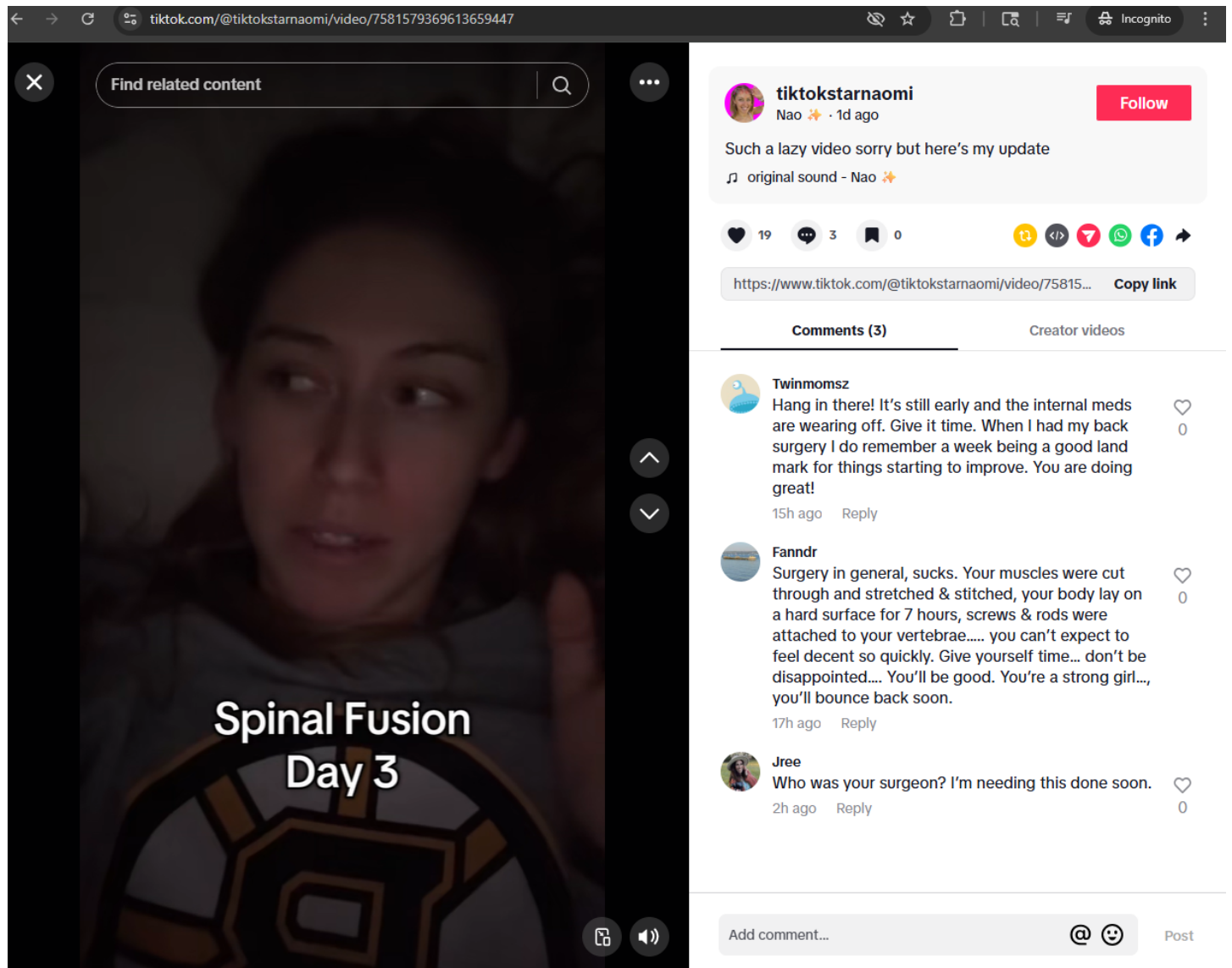
System ID: [675058](#)

Naomi Ellen Baer

<https://www.tiktok.com/@tiktokstarnaomi/video/7581579369613659447>

*After DOI*

Subject's day 3 post spinal fusion update.



[Link to download video](#)