

# The Many Layers to Recovering from Lyme and Chronic Illness

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AutismOne  
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# Disclaimer

- I am not a conventionally licensed healthcare professional
- **Information is based on my own personal journey**
- Some treatments may be considered alternative in nature and may not be appropriate for the majority of people
- Options presented may focus on adults with Lyme disease and may or may not be appropriate for children
- This presentation is intended to be for the purposes of sharing my experiences only and not suggesting any course of action
- Nothing in this presentation is intended to diagnose, treat, or cure any disease
- **Information presented is not intended to be used for self-treatment but as consideration for discussion with your licensed healthcare provider**
- Always consult with your healthcare provider before making any decisions that may impact your health

# About Me

- Lyme+ Patient – since 1997; dx 2005
- Blogger – BetterHealthGuy.com – 10 years
- Over 85 conferences since 2006
- Health Writer (Townsend Letter, Public Health Alert, Explore!, Bolen Report)
- Advocate / Support Group Facilitator
- Nutritional Consultant / Health Coach
- Klinghardt Certified ART Practitioner  
(licensed practitioner referral only)
- LymeLight Foundation Board Member
- ...and....Software Development Director by day

# Mentors

- I have been blessed to have learned from some amazingly gifted healers and practitioners.
- I consider all of these people to be incredibly brave in being willing to help those of us recovering from illnesses that may not be viewed as popular (or even real):
  - Wayne Anderson ND
  - Stephen Buhner
  - Ann Corson MD
  - Lee Cowden MD
  - Amy Derksen ND
  - Eric Gordon MD
  - Garry Gordon MD
  - Steve Harris MD
  - David Jernigan DC
  - **Dietrich Klinghardt MD**
  - Michael Lebowitz DC
  - Susan McCamish CTN
  - Neil Nathan MD
  - Claire Riendeau ND
  - Ritchie Shoemaker MD
  - Simon Yu MD



# My Story

- Tick bite 1996; significantly impacted months later in 1997
- 45 doctors over 8 years – CFS, MS, Fibromyalgia, EBV, Heavy Metal Toxicity...; ~250+ practitioners to date
- Diagnosed with Lyme, Babesia, Bartonella, Ehrlichia, etc., via labs and clinical symptoms in 2005 after EAV/EDS suggested these may be potential issues
- Did antibiotics for 3.5 years; stopped Oct 2008 after no further progress was observed; was helpful during first 9-12 months
- Continued treating with herbs, supplements, homeopathy, energetic modalities
- About 95% recovered (though with ongoing focus and maintenance support) – but not stopping there! 😊

# My Partial Symptom List

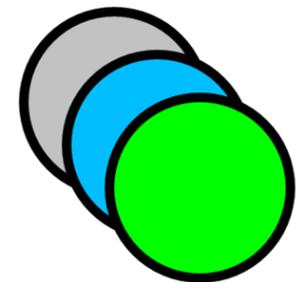
- Difficulty walking
- Balance problems
- Blurred vision, floaters, lines, squiggles
- Low-grade fevers
- Rapid heart rate
- **Burning sensations / skin hypersensitivity**
- Severe joint pain
- Nausea
- Digestive disturbances
- Brain fog / memory loss and cognitive issues
- Muscle spasms
- Numbness / Tingling
- Motor-like tapping sensations
- Fatigue
- Tremors
- Muscle pain
- Muscle twitching
- Back and neck pain
- Air hunger
- Crawling sensations
- Light sensitivity
- Anxiety / Depression / OCD

# Multifactorial Illnesses

- Chronic illnesses are generally multifactorial
- They are the result of chronic infections, toxicity, and emotional factors combined with genetic or epigenetic influences
- Many things must be considered and addressed to regain optimal health
- There is no magic bullet; getting well is work
- Lifestyle changes will almost always be required (diet, stress, living environment, etc.)
- Not everything is “Lyme”; in fact, “Lyme” is often very low on the priority list

# Overlapping Factors

- Chronic toxicity + chronic infections + emotional traumas + genetic predispositions may be factors in:
  - In utero or at a younger age before neurologically developed, [autism spectrum](#)
  - As a young adult, [chronic Lyme disease](#), [Chronic Fatigue Syndrome](#), [Fibromyalgia](#), etc.
  - As an older adult, [MS](#), [ALS](#), [Parkinson's](#), [Alzheimer's](#), etc.
- A number of ASD children have tested positive for Lyme as a cofactor in their condition
- While there are differences between some of these conditions, there are also many similarities
- Reducing the body burden of toxicity and infection while simultaneously doing emotional self-work (or family work) and optimizing genetics may help improve many of these health challenges

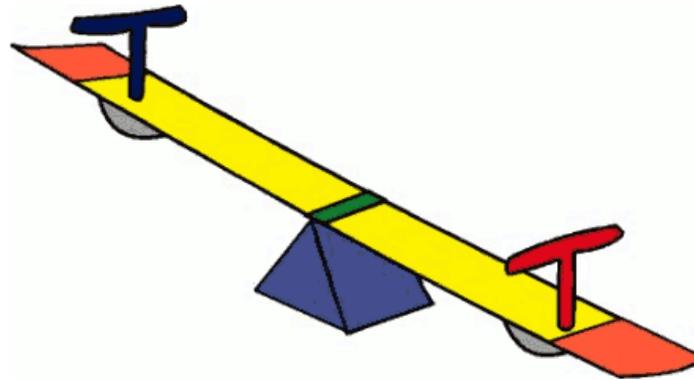


# Health Is A Delicate Balance

## DIS-EASE

### Health-Depleting

- Negative Emotions
- Mold
- EMFs
- Heavy metals
- Chemicals
- Pesticides
- Radiation
- Microbes
- Microbial biotoxins
- Gluten and food stress
- Poor food choices
- Toxic water and air
- Toxic relationships



## VIBRANT HEALTH

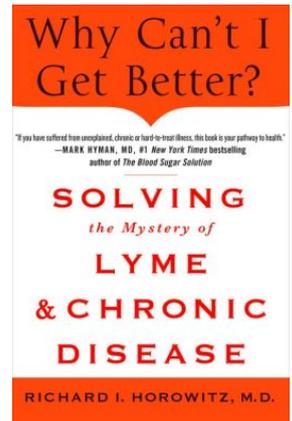
### Health-Promoting

- Clean water and air
- Organic food
- Juicing / Smoothies
- Quality sleep
- Earthing / Grounding
- Meditation
- Biomat
- Believing you not only deserve to be well but that you will be well
- Connection with family, community or "clan"
- Joyful emotions
- Finding purpose
- Compliance
- Music

The goal is to reduce the health depleting factors while increasing the health promoting until the balance shifts back to wellness

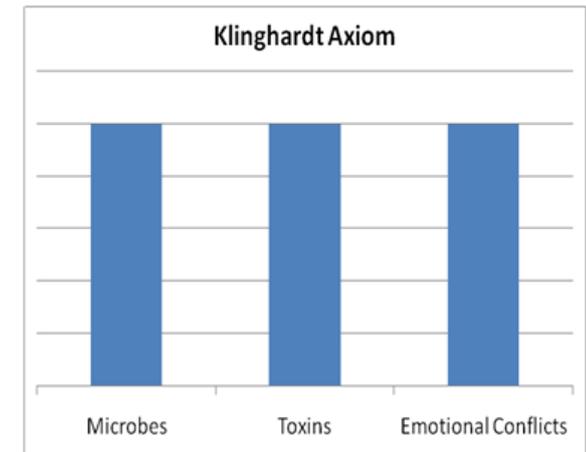
# Healing Models

- It is important to look at all of the factors involved and not hyperfocus on Lyme or any other single factor
- Find which model resonates with you the most
- Some of my favorite frameworks for healing include:
  - [Dr. Klinghardt's 7 Factors](#) - Toxicity (including from infections), Nutritional Deficiencies, Structural Problems, Geopathic and Biophysical Stress (includes EMF), Interference Fields (scars, meridians, tonsils), Allergies (including foods), Psycho-Emotional Issues
  - [Dr. Klinghardt's 5 Levels of Healing](#) – the body is more than just a physical body and consists of the physical, energy, mental, intuitive, and spirit body with diagnostic and healing tools at each level
  - [Dr. Richard Horowitz MSIDS](#) – Multi Systemic Infectious Disease Syndrome – book “Why Can’t I Get Better?: Solving the Mystery of Lyme and Chronic Disease” – 16 “nails in the foot” MSIDS map.
  - [Dr. Gordon's FIGHT Program](#) – Food/Focus, Infections, Genetics, Heavy Metals/Hormones, Toxins
  - [THRiiiVE.com](#) Top 10

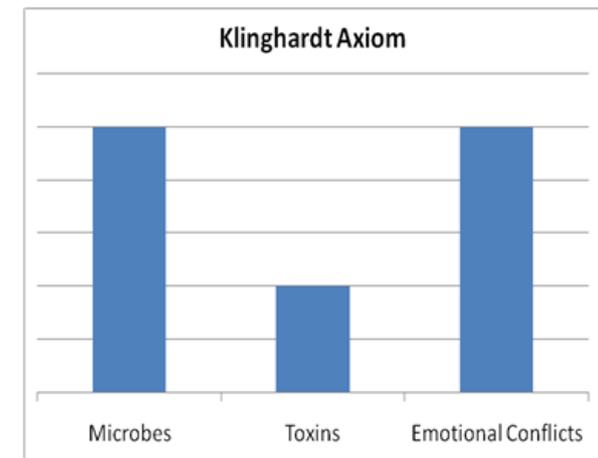


# Klinghardt Axiom

- Microbes, Toxins, and Unresolved Emotional Conflicts
- The body always strives to achieve equilibrium between stored unresolved emotional issues, toxins, and the presence of pathogenic microbes
- The level of infection in a body is directly correlated to the level of toxins
- Toxins may shift the Th1/Th2 balance such that the body becomes a host for microbes
- Metals and chemicals open the door to infections
- Emotional conflicts lead to reduced blood flow in a given organ which leads to lowered immune surveillance and higher levels of microbes
- The best and most lasting outcomes come with addressing all of these factors simultaneously
- Where I initially thought of infections, toxins, and emotions as the priorities, it may be that emotions, toxins, and infections (in that order) is more the reality
- [Public Health Alert Article](#)



The "Klinghardt Axiom" states that the level of microbes, toxins, and emotional conflicts within the body are proportional to one another



When only the level of toxins is reduced, this leads to a state of disequilibrium which results in symptoms. These symptoms may be either immunological or psychological.

# Primary Stressors In Chronic Illness

- **Toxic Overload** – heavy metals, pesticides, chemicals, plastics, mold/mycotoxins, biotoxins, radiation, EMFs
- **Microbial Infestations** – parasites/protozoa, fungi/mold, bacteria, viruses, mycoplasmas; treat largest to smallest. Not all about the bugs.
- **Dietary Stress** – gluten, dairy, sugar, GMO, poor food choices (antibiotics, hormones, etc.), nutritionally depleted foods
- **Emotional Burden** – past conflicts, traumas; not deserving to be well, not feeling connection or “clan”
- **Dental Issues** – amalgams, root canals, cavitations, bite issues; one infected root canal can shutdown 63% of the immune system (Jerry Tennant MD)

# Microbial Cast of Characters

- **“Lyme”** - Borrelia, Bartonella, Babesia, Ehrlichia, Powassan virus, Coxiella (Q-Fever), Rickettsia/RMSF, Colorado Tick Fever, Tularemia, Bourbon Virus (Kansas)
- **Parasites** – worms (lungworm, roundworm/filaria, hookworm, tapeworm, threadworm, pinworm) and protozoa (Protozoa (biofilm former), Toxoplasmosis, Giardia, Leishmania, Trichomonas, Entamoeba, etc.)
- **Viruses** – HSV-1, HSV-2, HHV-6, CMV, EBV, Zoster, Borna, Parvo B19, Coxsackie, etc.; opportunistic
- **Bacteria** - H. Pylori, Klebsiella, Pseudomonas, E. Coli, Staphylococcus, Streptococcus, Clostridia, Chlamydia, Brucella, Leptospira, Salmonella, SIBO
- **Mycoplasma** – M. pneumoniae, M. fermentans, etc.
- **Fungi** - Candida, Aspergillus, etc.
- **Mycotoxins** from **molds** in water-damaged buildings; Stachybotrys, Aspergillus, Chaetomium, Wallemia, etc.; molds may colonize
- Dental pathogens
- Often, it is not the microbes themselves causing the symptoms but their biotoxins and response of the immune system

# Borrelia

- Spirochetal bacteria; causative agent of Lyme disease; 12-24 hour division time
- 300+ strains of *Borrelia burgdorferi*; at least 35 other species
- CDC changed estimates from 30,000 to 300,000 cases annually; some suggest 1-2 million
- As few as 17% may remember an EM or bulls-eye rash
- May be a factor in Chronic Fatigue Syndrome, Fibromyalgia, ALS, Parkinson's, Multiple Sclerosis, Lupus, Autism, Alzheimer's, etc.
- Symptoms
  - Joint pain, stiffness, or swelling
  - Neck pain
  - Fevers / Chills
  - GI issues
  - Tremors
  - Numbness, Tingling, or Burning sensations
  - Twitching
  - Blurry Vision / Light Sensitivity
  - Ringing in the ears
  - Depression or Anxiety
  - Word-finding or memory issues
  - Fatigue
  - Sleep problems
  - Headaches (often back of head)
- Testing
  - IGeneX Western Blot IgM/IgG
  - Advanced Laboratories Borrelia Culture (no antimicrobials 4 weeks prior)
  - Fry Labs
  - CD57 (can be impacted by Borrelia, Babesia tx, mold, CPn, etc.)
  - iSpot Lyme – T Cell testing
- Resources
  - [http://lymedisease.org/lyme101/lyme\\_disease/lyme\\_disease.html](http://lymedisease.org/lyme101/lyme_disease/lyme_disease.html)

# Borrelia Forms and Transmission

- Extracellular and Intracellular
- Hides in places where the immune system cannot access
- Forms
  1. Spirochete
  2. L-Form or CWD Form – no cell wall
  3. Cyst Form – no cell wall; highly protected. Can remain dormant for long periods of time and then revert to the spirochetal form
- Readily shift form to evade treatment
- Transmission
  - Ticks
  - Mother to child in utero
  - Blood transfusion
  - Breast feeding (?)
  - Mosquitoes, fleas, lice, biting flies (?)
  - Unpasteurized milk (?)
  - Sexual (?; syphilis is “Borrelia’s dumber cousin”)

## Lyme Signs & Symptoms

**EM (Bull’s Eye) Rash:** at bite site (less than 50% have bull’s eye rash), other types of rashes, rash at other than bite site, flu-like illness.

**Musculoskeletal:** joint/muscle pain in feet, ankle pain, shin splints, joint pain or swelling, stiffness of the joints, neck or back, muscle pain or cramps that migrate, TMJ, neck creaks & cracks, neck stiffness.

**Reproductive:** testicular pain/pelvic pain, menstrual irregularity, milk production (lactation), sexual dysfunction or loss of libido.

**Cardiac/Pulmonary:** chest pain or rib soreness, shortness of breath, heart palpitations, pulse skips, heart block, heart murmur.

**Neurological:** muscle twitching, headache, tingling, numbness, burning or stabbing sensations, facial paralysis (Bell’s palsy), dizziness, poor balance, increased motion sickness, light-headedness, wooziness, difficulty walking, tremor, confusion, difficulty thinking/concentrating/reading, forgetfulness, poor short term memory, disorientation (getting lost, going to wrong place), difficulty with speech, double or blurry vision, eye pain, blindness, increased floaters, increased sensitivity to light or sound, buzzing or ringing in ears, ear pain, decreased hearing, seizure activity, white matter lesions, low blood pressure.

**Neuropsychiatric:** mood swings, violent outbursts, irritability, depression, disturbed sleep (too much, too little, early awakening), personality changes, obsessive - compulsive disorder (OCD), paranoia, panic/anxiety attacks, hallucinations.

**Gastrointestinal:** nausea or vomiting, GERD, change in bowel function (constipation, diarrhea), gastritis, abdominal cramping, cystitis, irritable bladder or bladder dysfunction, newly diagnosed irritable bowel syndrome (IBS).

**Other:** fever, sweats, or chills, weight change (loss or gain), fatigue, tiredness, hair loss, swollen glands, sore throat, difficulty swallowing, swelling around the eyes, burning in feet & swelling in toes, balls of feet.

Choice of treatment depends on length & severity of illness & potential for co-infections.

Source:

[http://www.lymediseaseassociation.org/images/NewDirectory/Resources/LDA\\_Brochures/LymeRPrimer-2013.pdf](http://www.lymediseaseassociation.org/images/NewDirectory/Resources/LDA_Brochures/LymeRPrimer-2013.pdf)

# Bartonella

- Gram-negative, aerobic bacteria; 22-24 hour division time
- Facultative intracellular parasites (do not rely on a host to complete lifecycle)
- 38+ Bartonella species with 15 or more known to be pathogenic in humans
- Ticks, fleas, sand flies, lice, dust mites; cats commonly infected -> Cat Scratch Disease
- Vascular infection that leads to small vessel disease and impairments in blood flow throughout the body; erythrocytes, endothelium
- Symptoms
  - Anxiety, depression, bipolar disorder, rage, mood swings, OCD
  - Gastrointestinal issues including palsy
  - Sore soles of the feet (especially in the AM)
  - Striae which look like stretch marks
  - Twitching
  - Light sensitivity
  - Swollen lymph nodes
  - Nodules under the skin
  - Skin rashes
  - Brain fog
  - Endocarditis / Myocarditis
  - Headaches (often bitemporal)
- Testing
  - Galaxy Diagnostics Bartonella ePCR
  - IGeneX Coinfection Panel (IGeneX Coinfection Panel (Babesia microti IgG & IgM, Babesia FISH, HME IgG & IgM, HGA IgG & IgM, Bartonella IgG & IgM, Bartonella FISH)
  - Fry Labs
- Resources
  - <http://www.lymedisease.org/lyme101/coinfections/bartonella.html>
  - <http://www.gordonmedical.com/unravelling-complex-chronic-illness/bartonella-like-organisms-blo-consideration-signs-and-symptoms/>

# Babesia

- Protozoan parasite; related to malaria

- Lives in RBCs

- Symptoms

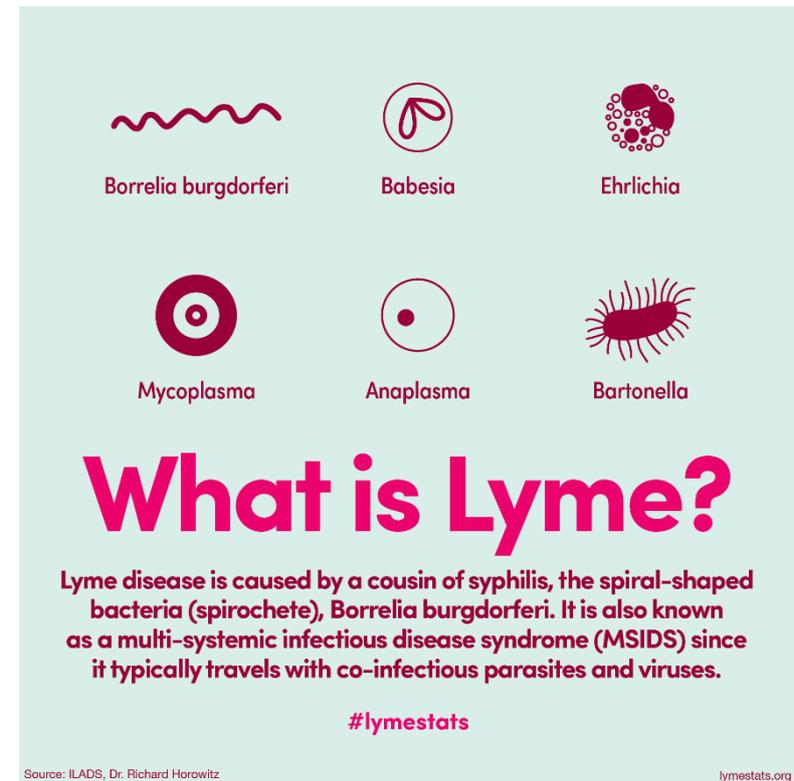
- Headaches (often frontal)
- Night sweats
- Air hunger
- Cherry angiomas on the skin; skin rashes
- Ringing in the ears
- Dry cough
- Flushing
- Easy bruising
- Depression / Despair
- Anemia
- Vertigo / Dizziness

- Testing

- IGeneX Coinfection Panel (Babesia microti IgG & IgM, Babesia FISH, HME IgG & IgM, HGA IgG & IgM, Bartonella IgG & IgM, Bartonella FISH)
- Fry Labs

- Resources

- <http://www.lymedisease.org/lyme101/coinfections/babesia.html>
- <http://www.gordonmedical.com/unravelling-complex-chronic-illness/babesia-like-organisms-bablo-consideration-signs-and-symptoms/>



# Ehrlichia / Anaplasma

- Rickettsiales order
- Intracellular; lives in WBCs
- Ehrlichia (HME) – monocytes / macrophages
- Anaplasma (formerly HGE; now HGA) – neutrophils
- Anaplasma capra as newly identified tick-borne disease
- Symptoms
  - Fever / Chills
  - Fatigue
  - Headaches
  - Pain / Myalgia
  - Low WBC
  - Elevated LFT
- Testing
  - IGeneX Coinfection Panel (Babesia microti IgG & IgM, Babesia FISH, HME IgG & IgM, HGA IgG & IgM, Bartonella IgG & IgM, Bartonella FISH)
  - Fry Labs
- Resources
  - <http://www.lymedisease.org/lyme101/coinfections/ehrlichia.html>

# Testing

- Additional Vector-Borne Disease
  - Fry Labs – <http://www.frylabs.com> – Protomyxzoa / biofilm
  - Clongen – <http://www.clongen.com>
  - Medical Diagnostic Labs – <http://www.mdlab.com>
  - Immunosciences - <http://www.immunoscienceslab.com/>
- Other Testing
  - **Biotoxins** – HLA DR (genetic predisposition to biotoxin illnesses from Lyme, mold, or other biotoxins), TGFb1, C4a, MSH, MMP9, VIP, VEGF, ADH/Osmo, MARCoNS
  - **Mold** – [Mycometrics](#) ERMI, [RealTime Laboratories](#) Urinary Mycotoxins, [Biotrek](#)
  - **Parasites** – [ParaWellness Research](#) (stool and urine), [Diagnos-Techs](#), [Genova](#) GI Effects or CDSA, [Parasitology Center](#)
  - **Gluten and Food Stressors** ([ELISA ACT](#), [ALCAT](#), [LEAP](#), [Enterolab](#), [Cyrex](#))
  - **Heavy Metals** – [Doctor's Data](#), [QuickSilver Scientific](#), [Genova](#) Comprehensive Urine Elements, [Genova](#) urinary porphyrins
  - **Adrenal Stress** – [Diagnos-Techs](#), **Thyroid** (including rT3)
  - ISAC, [KPU/HPU](#) (80%), [Nagalase](#), [Functional Methylation](#), Vitamin D (incl. D 1,25)
  - **EMF** evaluation
  - Darkfield Microscopy



# Energetic Testing

- My number one tool throughout my journey has been energetic testing
- A powerful tool that can be a game changer and was for me
- The body is far more than a physical body; it is an energy body
- While not diagnostic, these tools can often provide very useful insights
- It is rare for me to work with a practitioner today that does not either do energetic testing or is not open to it
- Energetic testing options:
  - [Autonomic Response Testing](#) (ART) – Dr. Dietrich Klinghardt's advanced muscle testing system
  - [ZYTO](#) – a computer-based biofeedback system
  - Asyra
  - [CyberScan](#)
  - [O-Ring Testing](#) (BDORT)
- Online courses on various forms of muscle testing can be very helpful in making one more self-sufficient for food and supplement testing
  - [Amy B. Scher](#)
  - [Tami Duncan](#)



# My Most Helpful Interventions

- **Emotional work**
- **Detoxification** (Coffee enemas, drainage remedies/homeopathics, chlorella, Cholestyramine, Takesumi Supreme, etc.)
- **Herbal Antimicrobials** (Buhner, Cowden, Klinghardt, Lebowitz, Mayhew, McCamish, including liposomals)
- **Essential Oils** (clove, thyme, oregano, etc.; including O3 oils)
- **Antibiotics**
- **Ozone** - insufflation, major autohemotherapy, or direct IV ozone administered by a doctor
- **Sleep canopy / EMF mitigation**
- **Mold testing and mitigation;** safe living environment
- Cavitation Surgery
- Tonsil Cryotherapy
- FIR Sauna
- Biomat
- Auto-urine therapy injections
- Acupuncture (only later in treatment)
- Melatonin (reduces quinolinic acid, neuro-protective, antioxidant, anti-cancer)
- RX Antiparasitics (Albenza, Ivermectin, Alinia, Biltricide, etc.)
- KPU/HPU treatment

# Commonly Overlooked Issues

- When people with “Lyme” aren’t getting well, there are often other factors that have been overlooked
- **Mold** – [SurvivingMold.com](http://www.SurvivingMold.com) is an excellent resource. Almost universal in people with CFS (93% in a study had urinary mycotoxins), chronic Lyme, etc. “MOLD MOLD MOLD!”  
<http://www.moldymovie.com>
- **Parasites** – Simon Yu’s [Accidental Cure](http://www.AccidentalCure.com). May be a larger issue than “Lyme” in many with chronic illness. I like [ParaWellnessResearch.com](http://www.ParaWellnessResearch.com) for their stool/urine parasite testing.
- **EMFs** – signal molds to be more aggressive in their release of biotoxins which cause many symptoms
- **Dental** – root canals, amalgams, cavitations
- **Pesticides and Chemicals** – it isn’t just about heavy metals
- **Emotional Factors** – energy follows thought; emotions impact our immune systems and our ability to heal; identifying too much with the illness

# Mold Mold Mold!

- **Mold is such a critical issue that ANYONE with chronic illness should explore and ENSURE that you are living (and working or going to school) in an environment that is safe for your recovery.**
- **HLA-DR** (LabCorp) provides insights to genetic predisposition to specific biotoxins such as Mold, Lyme, and others. Very useful to know as some people with “Lyme” have more of a mold predisposition and never thought to look at mold.
- Evaluate other biotoxin markers such as **TGFb1, C4a, MSH, MMP9, VIP, ADH/Osmo**
- If HLA DR = mold or multi, always run [Mycometrics](#) **ERMI**
- **Consider [RealTime Labs](#)** Urinary Mycotoxin testing after FIR sauna and Glutathione challenge
- If Mycometrics ERMI or RTL Urinary Mycotoxin tests are positive, identify and remove the source of exposure (could be home, work, school, car, etc.). Ensure ERMI is clean. Also have shortened panel called HERTSMI-2.
- **Consider colonization of mold/fungal organisms as an internal mycotoxin-producing factory.**
- **Implement binding and supportive protocols** – Cholestyramine, Takesumi Supreme, Smilax Supreme, Cholestepure, ZeoBind/Zeolite, Chlorella, Pectasol, Bentonite, Liposomal Glutathione
- **Treat systemic colonization** – Sporanox, Voriconazole or other RX systemic agent, Beyond Balance MYCOREGEN, Byron White A-FNG, etc.
- **Treat sinus colonization** – atomized Amphotericin B/Mupirocin/Xylitol, silver sprays, propolis spray, GSE spray, Happy Sinus, Physician’s Standard Nasal Clear, manuka honey washes, etc.
- Many may benefit from considering [Shoemaker’s work](#) which includes Cholestyramine, MARCoNS treatment, VIP nasal spray, and more
- Read [Townsend Letter July 2014 article](#)

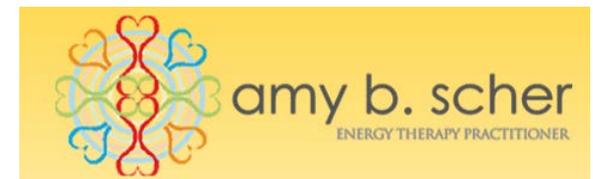


# Emotional Health

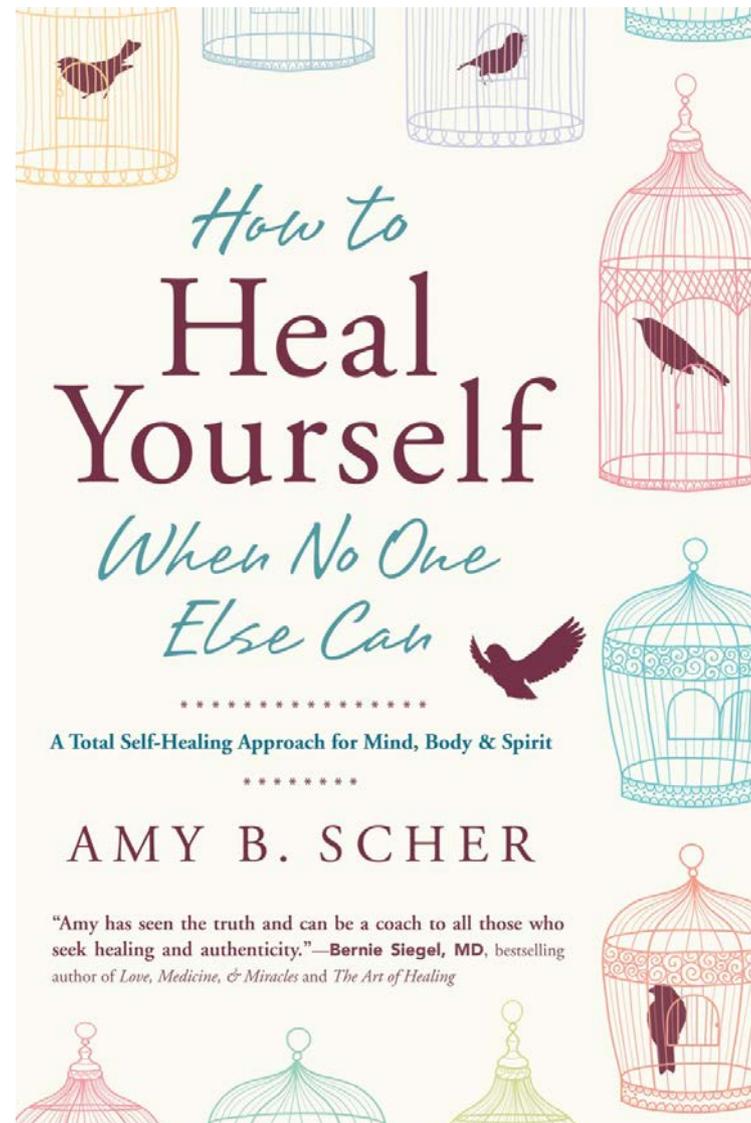
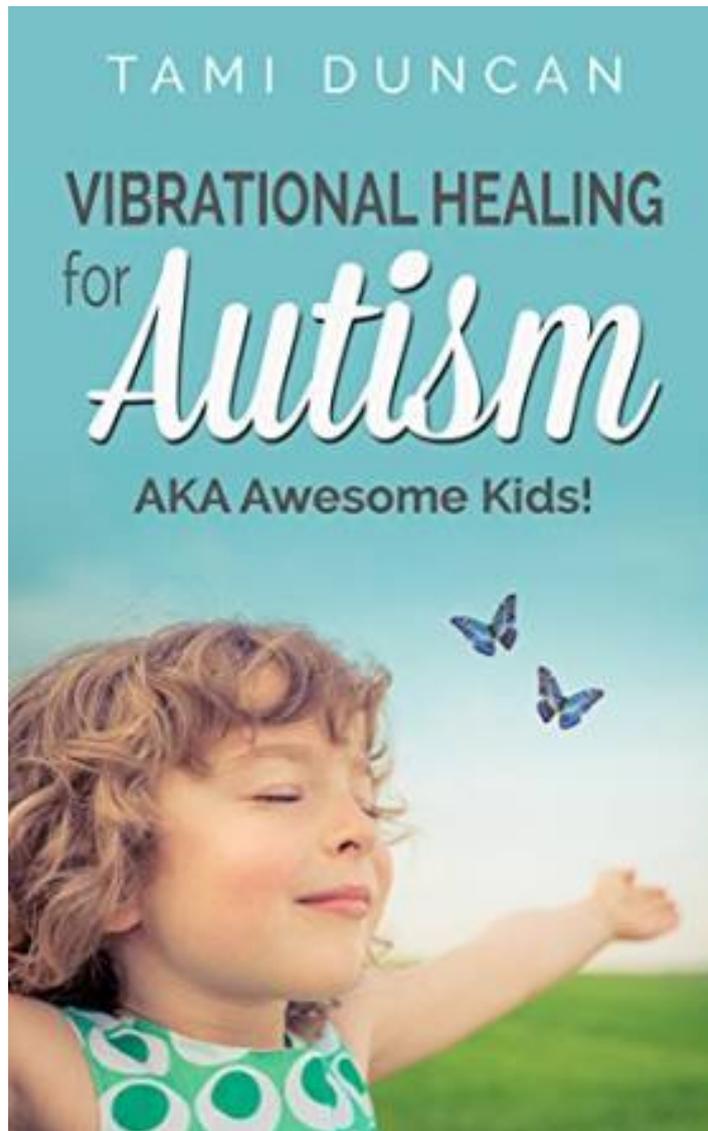
- **At the root of many chronic illnesses are emotions**
- **In Lyme disease, it often seems to be about deserving to be well, self-worth and value, and connection to community; many are Type A+**
- **We must feel that we are worthy and deserve wellness or we create a place in our physical bodies for unwanted microbes to colonize**
- By not feeling worthy or deserving, we abdicate our bodies to the microbes and facilitate disease
- We are worthy of our own experience in this form; we are more than enough
- **Microbes resonate at lower vibrations as do negative emotions**
- Accommodations that we get from the disease process itself may at a subconscious level instruct the body to hold on to the illness
- **These emotions can be from our life, our ancestors, or even past lives (if one believes these exist)**
- **Positive and negative thoughts serve as epigenetic influencers of DNA**
- Neurochemistry responds to emotions and sends the message you are feeling to your cells. We become exactly what we are thinking and feeling
- Expel the microbes of false beliefs by resonating with your highest self
- Any stress negatively impacts the adrenals which negatively impacts the immune system which allows microbes to flourish

# Emotional Health Options

- [Applied Psycho-Neurobiology](#)
- Family Constellation
- [EFT](#)
- [Emotion Code](#)
- Flower Essences
- [NutraMedix EZOV](#)
- [ZYTO EVOX](#)
- [Ask and Receive](#)
- [Holographic \(Resonance\) Repatterning](#)
- [DNA Theta Healing](#)
- [Thought Form Healing](#)
- [Well Scent Pause for Peace](#)
- [Amy Scher](#)
- [Tami Duncan](#) (groups)
- [Blog](#)



# Vibrational and Emotional Healing



# Emotional and Community Support

- Connect with positive sources of support; avoid negative “chi-suckers”
- **Amy B. Scher** - Energy Therapist - <http://amybscher.com>
  - Emotional work and support
  - Group calls and 1:1 work
- **Lyme Less Live More** - <http://lymelesslivemore.com>
  - Dana Walsh and Brent Martin
  - Guests: Dr. Klinghardt, Dr. Beth McDougall, Connie Strasheim, Dave Asprey, etc.
  - Numerous free lectures with follow-up live Q&A sessions
  - Virtual group calls
  - Very positive atmosphere for patients to feel connected to a clan; hopeful
- **Lyme Thriving with Jenny Rush** - <http://lymethriving.com> –patient-support focus and tools

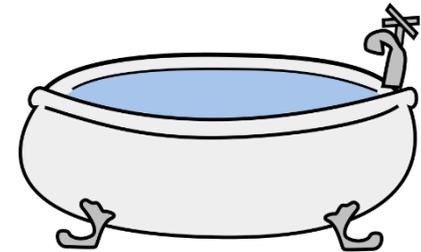


# No “Lymie” and Nothing “Dreaded”

- **The more we identify with and become the disease, the more difficult it is to ever let it go**
- While community support has been a powerful part of my journey, I don't resonate with the 'Lymie' label; I am not Lyme
- **“If you don't want it, don't claim it”**
- We are what we resonate with
- Resonate with health and recovery even if you don't yet feel it in your physical body
- If we resonate with health, it becomes our reality
- If we resonate with illness, it remains our reality
- “You should never become your disease, because the moment that you do, you're dead.” – *Doctored*, 2012
- Many people contact me with the “dreaded” HLA haplotypes; these are only dreaded if you allow them to be; remain optimistic

# Drainage Remedies

- Drainage Remedies open the drains or exit routes in the body to allow for the release of toxins thus supporting detoxification (toxins are a significant causative factor in chronic illness)
- Ideally, one would energetically test for which drainage remedy(ies) provide the best support
- It is my opinion that everyone with Lyme should be on some form of drainage support
- Antimicrobials result in die-off which further adds to the burden the body must detoxify and excrete
- Supporting the body during this process generally improves symptoms and minimizes Herxheimer reactions
- Most drainage remedies focus on supporting the liver, kidneys, lymphatics, and extracellular matrix; also consider the GI system and how often one is pooping
- The lymphatics are often the most in need of support in order to move out “battle debris”



# Drainage Remedy Options

- [Pekana Basic Detoxification and Drainage Kit](#) - apo-HEPAT (liver), **RENELIX** (kidneys), **ITIRES** (lymphatics). apo-HEPAT may be swapped with SyDetox in some as apo-HEPAT can be provoking. ITIRES may be helpful in people who cannot sweat
- [MediNatura BodyAnew Cleanse](#) – Fatigue, Purity, Rejuveo
- [NutraMedix](#) Burbur, Parsley, Pinella
- [Deseret Biologicals Comprehensive Detox Protocol](#) – Detox I (liver), Detox II (kidneys), Detox III (lymphatics), Matrix Support (matrix)
- [Energetix](#)- Liver-Tone, Kidney-Tone, Lymph-Tone (I, II, and III), GB-Tone, Drainage-Tone
- [Apex Energetics](#) – Gentle Drainage, Drainage Complex, Liver Terrain, Kidney Terrain, Lymph Terrain
- [Guna](#) – Liver, Kidney, Lympho, Matrix
- [HMD Lavage](#)
- [Herb Pharm Herbal Detox](#)



# Detoxification

- Beyond drainage support, specific detoxification and binding options may be useful
- Good rule of thumb to focus on drainage and detoxification as much or more than killing bugs
- Toxins are magnets for pathogens
- Modern diseases are about toxicity
- When inflammation goes up, detoxification goes down
- “The altered, inflammatory terrain serves up the right pH and blind spots in the immune system’s vigilance allowing pathogens to find safe havens in which to multiply and establish colonies.” – Dr. Jack Tips on toxicity

**DETOX**

# Detoxification Options

- [Takesumi Supreme](#) – general detox, mycotoxins, metals
- [Beyond Balance](#) TOX-EASE, TOX-EASE II, TOX-EASE GL
- [BioPure](#) Chlorella
- [Researched Nutritionals](#) Tri-Fortify
- [QuickSilver Scientific](#)
- [Xymogen S-Acetyl-Glutathione](#)
- [Results RNA ACZ Nano](#)
- [Systemic Formulas BIND](#)
- [TruFiber](#)
- [Pectasol](#)
- [HealthForce Intestinal Drawing Formula](#)
- [MicroChitosan](#)
- [Pure Encapsulations Liver GI Detox](#)
- [Sonne's #7 Detoxificant](#)
- [NutraMedix](#) Sealantro
- [Jernigan Neuro-Antitox II](#)
- [BioRay Liver Life](#)
- [e3Live](#) AFA
- [Tree of Life Detoxify](#)
- [Herbs of Light](#) Liver/Gallbladder, Kidney/Bladder, Blood/Lymph
- [WishGarden Herbs](#) Liver Strengthener, Kidney Strengthener, Lymph Mover, Detox Tune-Up Tonic
- Cholestepure
- Glycine, Molybdenum, Butyrate
- [UltraThistle](#), taurine (liver)
- Solidago, Electrolytes (kidneys)
- Red Root, Rebounding, Chi Machine (lymphatics)
- Cholesytramine or Welchol
- Methylation Support
- Trace minerals
- [Oil Pulling](#)
- Coffee enemas / colonics
- Regular Walking
- No fluoride, no bathing or showering in unfiltered water, etc.; avoid adding to the toxic burden



# Favorite Binder

- **Takesumi Supreme**
- Carbonized Bamboo from Japan
- Energetically tests very well
- Metals
- Chemicals
- Food Stress
- Biotoxins / Mycotoxins / Endotoxins
- Radiation
- EMFs
- Source of minerals
- Lessen burden on liver / kidneys
- Mild antifungal / antibacterial
- Away from other RX and supplements by 2 hours
- Some use with Cholestyramine and/or Chlorella
- <http://supremenutritionproducts.com>



# Coffee Enemas

- When I was at my worst, coffee enemas were one of the most beneficial things I did
- When I had the most pain and inflammation, coffee enemas were the thing that really helped
- At my worst, I did these daily.
- [Excellent discussion on Coffee Enemas](#) by Dr. Wilson
- [How to Prepare an Enema](#)
- [S.A. Wilsons](#)



# Reducing EMFs (Detoxification)

- Impact of EMFs on health has been discussed by Dr. Klinghardt for years; others are catching up
- **Fuses to bedroom off at night**
- **Sleep canopy to protect from EMFs**
- **No cordless phones**
- Limit cell phone exposure and never place phone near head
- Limit wireless exposure
- No plugged in lamps or alarm clocks
- Consider Stetzer Filters (dirty electricity)
- <http://www.lessemf.com> is good option for EMF-reducing tools

Item Measured	Before	After Sleep Sanctuary
Bedroom - cell checking email outside and inside of canopy	1686	6
Bedroom - making cell phone call	1150	6

# Favorite Product Lines

- **Beyond Balance** – <http://www.beyondbalanceinc.com>
  - Susan McCamish CTN
  - MC-BB (1, 2), MC-BAR (1, 2), MC-BAB (1, 2, 3), TOX-EASE (I, II, GL), MC-PZ, PARAZOMIN, MC-BFM, CYFLACALM (I, II), COGNEASE-K, COGNEASE-K Detox, IMN-V (1, 2, 3), MYCOREGEN, ENL-MC, MC-CH, IMN-GI, LYMPH-SPPT, etc.
- **BioPure** – <http://www.biopureus.com>
  - Quintessence, Core, Green Brazilian Propolis, Cryptolepis, Lyme and Coinfection Nosode, O3 Oils, MicroMinerals, Metal Sweep, MicroSilica, Klinghardt Cocktail
- **Maypa Herbals** - <http://maypaherbalremedies.com>
  - Formula L Plus, Formula Bart, Formula Bab Plus, Formula Green, Formula Energy Plus
- **NutraMedix** – <http://www.nutramedix.com>
  - Cumanda, Banderol, Samento, Burbur, Achote, Sealantro, etc.
- **Supreme Nutrition** - <http://www.supremenutritionproducts.com>
  - Morinda Supreme, Melia Supreme, Golden Thread Supreme, Vital Guard Supreme, Olive Leaf Supreme, Reishi Supreme, Woad Supreme, BFB-1, BFB-2, Takesumi, Manjistha



# Parasites Not In the US?

- Within the past month, this fish was purchased by a friend at a high quality food retailer
- This fish was purchased in the United States
- When the fish was returned, the manager responded that they were sorry but that it was a common occurrence



# Parasite Options

- Likely a far bigger issue than “Lyme” in many people
- In many cases, the RX options are the best for parasites
- Alinia, Albenza, Ivermectin, Biltricide, Pyrantel Pamoate, Tindamax, and others
- Various types of Artemisia and Artemisinin
- [BioPure Gamma O3 Oil](#), [NEXUS](#), [Mimosa Pudica](#)
- [Beyond Balance](#) PARAZOMIN and MC-PZ
- [Melia Supreme](#) (neem), [Morinda Supreme](#)
- [HealthForce Nutritionals SCRAM](#)
- [Paratrex](#)
- [Energetix](#) Para-Chord, Core Para-V Blend
- [Systemic Formulas](#) VRM1, VRM2, VRM3, VRM4
- [Humaworm](#)
- [Tree of Life Purify](#)
- [Paramune+ / Paramune 5](#)
- [Cleanse Purify Para Cleanse](#)
- [Intestinal Tract Defense](#)
- [Biocidin](#)
- [Freedom, Cleanse, and Restore](#) (Dr. Amin)
- [Diatomaceous Earth](#)
- Chlorine dioxide (oral and enemas)
- Homeopathics: KingBio Paralixer, Theresa Dale’s BioTox Para , Viatrexx Parasites



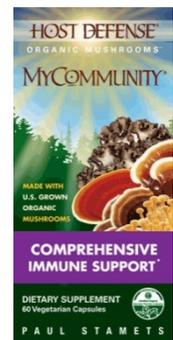
# Fungal Options

- These are considerations for fungal colonization or infection
- Not intended to support living in an unsafe environment with mold overgrowth
- Treating fungal issues may lead to release of metals
- Existence of fungi may be protective of heavy metals
- Heavy metal detoxification may be helpful in reducing fungal load
- [MAXX Pau D' Arco Plus](#)
- [BioPure Freeze Dried Garlic](#) or [Gamma O3 Oil](#)
- [Beyond Balance MYCOREGEN](#)
- [Young Living Inner Defense](#)
- [Melia Supreme](#) (neem), [Morinda Supreme](#)
- Probiotics and Fermented Foods (consider histamines)
- Candida Diet



# Viral Options

- [Sovereign](#) IRM, Viralox
- [Beyond Balance](#) IMN-R, IMN-V, IMN-V-II, IMN-V-III
- [BioPure Zeta O3 Oil](#)
- [Lauricidin](#) / Monolaurin
- [Myco Formulas Immune Defense](#)
- [Researched Nutritionals Transfer Factors](#)
- [Supreme Nutrition](#) – [Reishi Supreme](#), [Vital Guard](#), [Olive Leaf](#)
- [LDM-100](#)
- [Olivirex](#) (Olive Leaf Extract)
- [Energetix](#) Viru-Chord, Core Mycelia Blend, Core Olive Leaf
- [Coconut Oil Supreme](#)
- [Systemic Formulas TVIVI](#)
- [Host Defense Mycommunity](#)
- GcMAF
- A, D, Lysine
- Zicam, Oscillococcinum



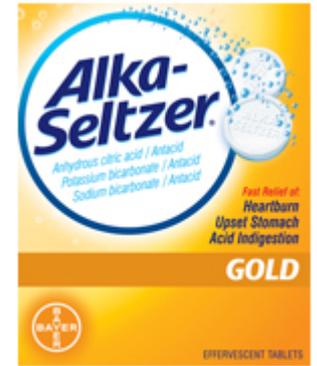
# Essential Oils

- May start with topical application or roll-on and progress later to oral use in capsules (both with buffering oil)
- May help to dissolve or penetrate biofilms
- Can be too strong for some or irritating to the GI tract when taken orally
- Several oils have broad-spectrum antimicrobial effects
  - Clove
  - Thyme
  - Oregano, etc.
- [Well Scent](#) – Balance, Renew, Watch Your Mouth, etc.
- [Supreme Nutrition](#) – BFB-1, BFB-2 (topical)
- [Young Living](#) - Thieves
- [DoTerra](#) – On Guard (antimicrobial), DDR Prime, Zendocrine (detox)
- [Mountain Rose Herbs](#)
- [Earlier blog entry](#)



# Herxheimer Options

- Herxheimer reactions may be a sign that additional drainage and detoxification support is required; consider previously mentioned options
- Herxheimer reactions are not a requirement for a treatment to work
- Herxheimer reactions can be dangerous and should not be discounted
- Increase drainage and binders
- Reduce antimicrobials (with doctor support)
- Alka-Seltzer Gold
- Beyond Balance TOX-EASE GL
- NutraMedix Burbur, Parsley, Pinella
- Chlorella
- Vitamin C
- Glutathione
- Fiber
- Bentonite clay
- Quercetin
- Curcumin
- Charcoal
- Cholestyramine
- Singulair, Claritin, Zyrtec, Benadryl
- Omega-3 oils
- Systemic enzymes
- Epsom Salts
- Coffee enemas
- Colonics
- More fluids
- Minerals
- Exercise / movement



Use as directed.



# Probiotic Options

- [MegaSpore Biotic](#)
- [Prescript Assist Pro](#)
- [Nexabiotic](#)
- [Mercola Complete Probiotics](#)
- [BioImmersion](#) – Supernatant, Beta Glucan
- [TruFlora / Theralac](#)
- [VSL #3](#)
- [Therbiotic Complete](#)
- [Bio-Kult](#)
- [Teraganix EM-1](#)
- [Living Streams Probiotics](#)
- [Custom Probiotics](#)
- [Dr. Ohhira's Probiotic](#)
- [Bravo Probiotic](#)
- Probiotic enemas or implants
- Fermented foods (if no histamine issues)
- Watch for strep strains if PANDAS/PANS

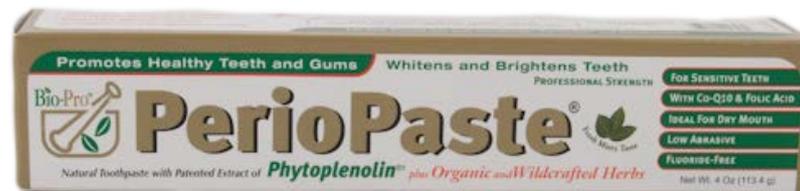


**MEGA**  
sporebiotic



# Dental Prevention Options

- Much of our total body burden of infection and toxicity originates in the mouth
- 85% of disease is suggested to originate in the mouth
- Oil Pulling with coconut or ozonated oils
- [Well Scent Watch Your Mouth](#)
- [Supreme Nutrition Oral Defense](#)
- [OraMD](#)
- [Essential Oxygen Brushing Rinse](#)
- Thieves Essential Oil Blend Toothpaste
- [PerioPaste](#)
- Weleda Salt Toothpaste
- Perio Protect System



# Sinus Health Options

- Many biotoxins are produced by microbes that are colonizing the sinuses
- May also impact MSH; a key regulatory neuropeptide
- Dr. Shoemaker talks about MARCoNS; can be cultured
- I think of regular sinus maintenance much like I do flossing my teeth
- Not uncommon for the microbes to be treated and return
- [Happy Sinus](#) with Vitamin C or with Silver
- [Propolit Nasal Spray](#)
- [SuperGoodStuff Nasal Wash](#)
- Alkalol Nasal Rinse
- Manuka Honey Rinses (distilled water or saline only)
- Nasal probiotics



- Kryptopyrroluria is a condition that Dr. Klinghardt finds in ~80% of those with chronic Lyme and in a very high percentage with autism
- Zinc, B6, Manganese, Omega-6 and other nutrient deficiencies result
- Urine testing through [Health Diagnostics and Research Institute](#)
- Important part of my recovery (improved WBC)
- KPU article from Townsend Letter found [here](#)
- “The Core” from [BioPure](#) may be a good foundational product for many with the condition



## **Kryptopyrroluria (aka Hemopyrrollactamuria): A Major Piece of the Puzzle in Overcoming Chronic Lyme Disease**

© By Scott Forsgren, USA

**Dr.** *Dietrich Klinghardt M.D., Ph.D. is a practicing physician in Kirkland, Washington with a focus on the treatment of chronic neurological conditions such as Lyme disease, autism, and CFIDS. In the many years that he has treated patients with chronic infections, he has observed that, for many, recovery is elusive. Patients may often plateau or find that their recovery is stalled. In other cases, patients may not succeed in their attempts to rid the body of a particular toxic or infectious burden; such as in patients with long-standing or therapy-resistant late stage Lyme disease.*

In looking for possible explanations as to why some

### **History**

In 1958, a psychiatric research program in Saskatchewan, Canada led by Abram Hoffer MD, PhD, the father of orthomolecular psychiatry, was looking for the possible biochemical origin of schizophrenia. One study involved evaluating the urine for certain chemical fractions and evaluating those of schizophrenic patients and those of normal controls. The effort yielded the “mauve factor” - a specific substance that reliably allowed the examiners to identify the schizophrenic patients, as it was not identified in the normal controls.

atment of Lyme Disease

# At Home Therapies

- Create a home healing space
- I average about an hour per day
- I use the following tools:
  - **Biomat** - FIR, negative ions, amethyst – detoxification, stress reduction -> parasympathetic, sleep, inflammation, core body temp, circulation
  - **MAS PEMF** – circulation, detoxification, improved healing, bone density, inflammation, cellular potential
  - **Sunlighten FIR Sauna** – detoxification support
  - **Vibrational Trainer** – circulation, lymphatic fluid flow, detoxification, bone density
  - **VieLight Intranasal Light Therapy** - depression, anxiety, relaxation, dementia, Parkinson's, headaches, sleep, energy, cognition
  - **MindAlive AVE/CES**
  - **Foot Bath**
  - **Ozone**



# Current and Future Items of Interest

- Using:

- [Spooky2](#)
- [Miror EPF](#) – essential oils of clove, mint, rosemary, thyme, plant esters, eugenol
- [Biomagnetism](#)

- Monitoring:

- [CyberScan](#)
- FMT
- [Infusio](#) – stem cell therapy
- [UVLrx](#)

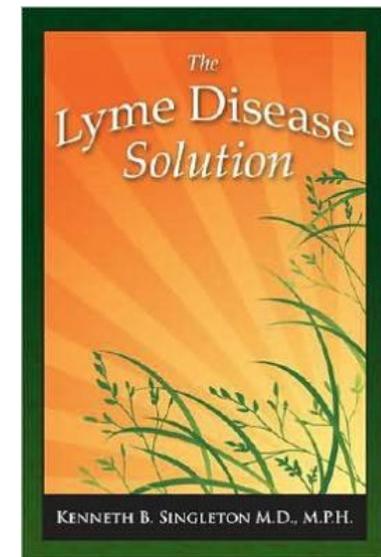
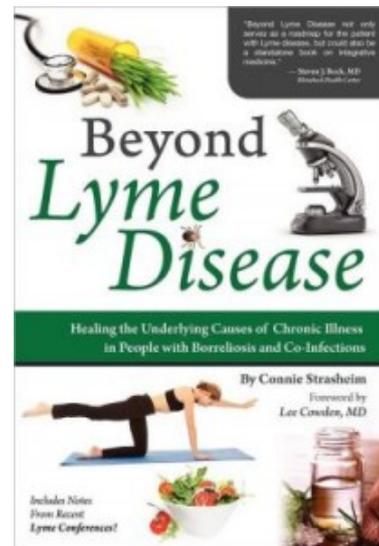
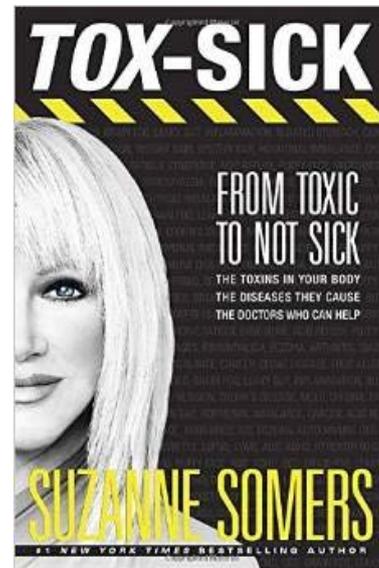
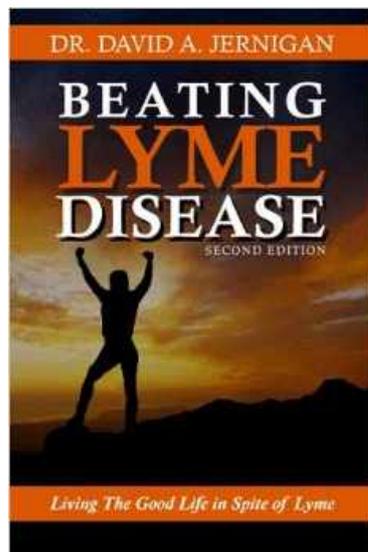
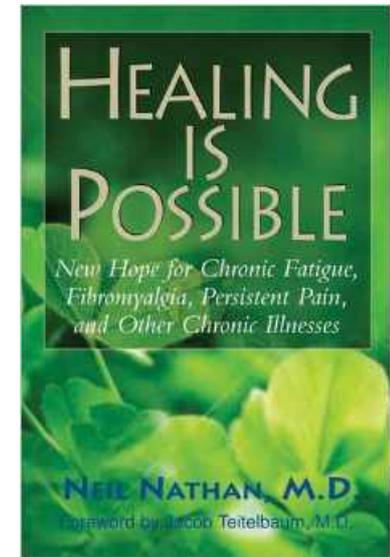
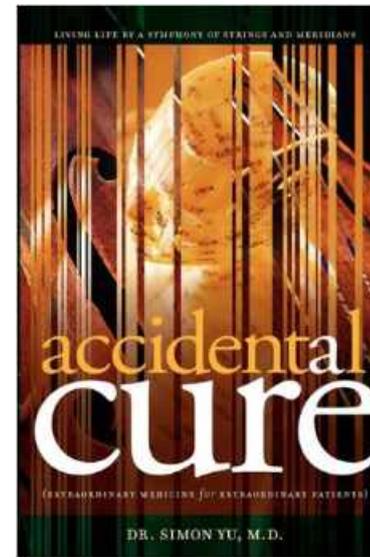
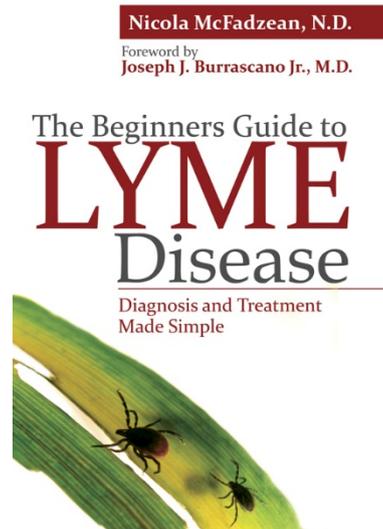
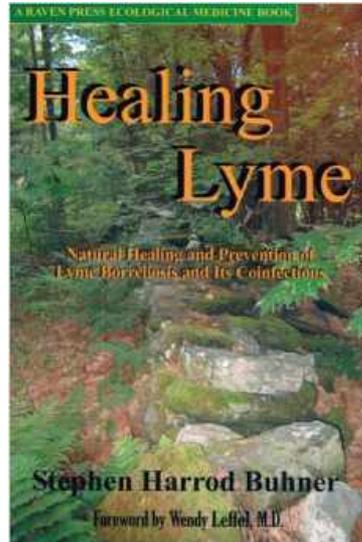
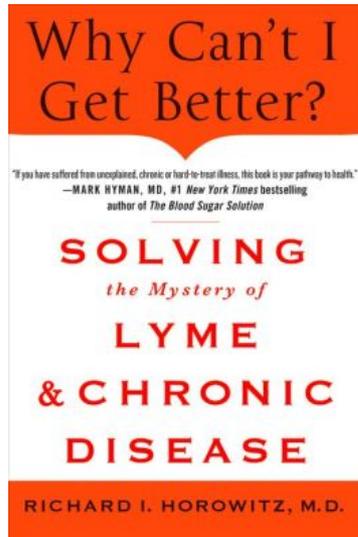


# Upcoming Article

- **Unravelling the Mystery of Bartonellosis**
- Collaboration with Edward Breitschwerdt, DVM and B. Robert Mozayeni, MD
- Focus on symptoms, testing, and treatment options
- Scheduled for July 2015 Townsend Letter
- Quotes from Edward B. Breitschwerdt, DVM:
  - “It is increasingly obvious that most people may not get through life without being exposed to one or more Bartonella species. Historically, we thought just the opposite was true.”
  - “It appears that chronic intravascular infection with a Bartonella spp. may induce a degree of immunological anergy, resulting in undetectable levels of organism-specific antibodies in some chronically infected patients.”
  - “Bartonellosis, caused by the diverse members of the genus Bartonella, may prove to be the most important emerging infectious disease of the next decade.”



# Helpful Books



# LymeLight Foundation

- Board member
- Provides grants (up to 10K per applicant) to children and young adults 25 and under for Lyme disease-related treatment
- Provided over \$1,000,000 in treatment grants and touched grant recipients in 36 states across the country
- An easy way to support: go to <http://smile.amazon.com> and select “Lymelight Foundation Inc” as your selected charity and then make your purchases using <http://smile.amazon.com>. Amazon then makes a donation to the foundation which will be used to support young people with Lyme
- If you have a need or an interest in supporting the foundation’s work, please contact us
- <http://www.LymeLightFoundation.org>



LymeLight  
FOUNDATION

# Recent Interviews



- For additional information:

- [Lyme Ninja Radio](#)
- [Beyond Wellness Radio](#)
- [Essential Medcast](#)
- [Lyme Less Live More](#)
- [Well Scent](#)



# Final Thoughts

- Don't be overwhelmed. You don't have to understand it all today
- **Lyme is a gift that gives you permission to take care of yourself**
- **The body's natural tendency is to move towards health; we just need to remove the roadblocks**
- When we take responsibility for our health, we move from victims to victors
- Never give up as there is always hope and people do get better!
- I'd like to express my gratitude to my mentors that have been so generous in my learning journey
- I send gratitude to the universe for the wonderful and brave healers that helped to change my life
- I also express gratitude to all of you who have been on a similar path for all that you have shared with me and for giving me the opportunity to share with you!
- **Be optimistic and hopeful!**



# Stay Connected

- [f /BetterHealthGuy](https://www.facebook.com/BetterHealthGuy)
- [Scott@BetterHealthGuy.com](mailto:Scott@BetterHealthGuy.com)
- <http://www.BetterHealthGuy.com>



Welcome! Thanks for stopping by BetterHealthGuy.com. Having suffered from two serious and chronic illnesses in my life (or likely one very long one with a reasonable remission in the middle), I wanted to create a means for sharing what I have learned with other people. Equally important, I wanted to create a vehicle for learning even more about health and wellness from all of you that stop by.

I've been diagnosed at one time or another with so many different conditions over the course of my bouts with chronic illness that I have lost count. The list of things that I have been told I may have had includes: mononucleosis, chronic Epstein-Barr virus (EBV), Chronic Fatigue Syndrome (CFS/CFIDS), Fibromyalgia (FMS), severe food allergies, Leaky Gut Syndrome, parasitic infections, Multiple Sclerosis (MS), heavy metal toxicity, Candida, Western Equine Encephalomyelitis (from a mosquito bite), Lyme Disease, Ehrlichia, Bartonella, Babesia, HHV-8, and others. If only I had gotten a T-Shirt for each of these diagnoses, I'd be clothed for life.



At some point, you don't know where to turn or what to do next. Doctors often fail you. The health care industry is driven by the almighty dollar. No one seems to know what to do, and you have to take things into your own hands and do everything you can to improve your situation. If there is one thing I have learned through this, it is that **there is always hope**.

I don't want to imply that solving the puzzle is easy, but I do think that everyone is capable of notable healing given a solid course of action and the right people on your healthcare team to serve as guides for your own self-healing to emerge. I have learned so much on my journey towards Better Health, and I hope that you will take something useful away from your visit and maybe leave something useful in return.

If you are fortunate enough to have good health, my hope is that you will learn some things here that will help you maintain your health as long as possible. If you have a chronic illness like I did, then I hope that we can learn from each other as we continue our journeys to Better Health. Please share your thoughts and ideas for products and approaches for solving chronic health problems. You can always reach me via the [Contact Me](#) page. I look forward to hearing from you!

In Better Health,

*Scott*

