

Insights From The Journey of a Lifetime

Lyme Recovery 2013
May 4, 2013

Scott Forsgren
© 2013



Disclaimer

- I am not a licensed healthcare professional
- Information is based on my own personal journey
- Some treatments may be considered experimental 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
- Some links in this presentation include affiliate links and support my work

Goals

- To share my journey through chronic illness
- To discuss what I have found to be important in recovering health
- To outline things that I have done and which were more helpful than others
- To review several of my favorite options for each major category of stressors involved in chronic illness
- To present ideas to explore with your practitioners that may not have previously been considered
- Lots to cover...so, let's go! ☺

Background

- Tick bite 1996; significantly impacted months later in 1997
- 45 doctors over 8 years – CFS, MS, Fibromyalgia, EBV, Heavy Metal Toxicity...; ~200-250+ practitioners to date
- Diagnosed with Lyme, Babesia, Bartonella, Ehrlichia, etc., via labs and clinical symptoms in 2005 after EAV/EDS suggested this may be a potential issue
- Did antibiotics for 3.5 years; stopped Oct 2008 after no further progress was observed; was helpful during first 9-12 months
- Continue treating with herbs, supplements, homeopathy, energetic modalities
- Have been blessed to learn from many gifted practitioners: Corson, Cowden, Derksen, G. Gordon, Harris, Klinghardt, McCamish, Riendeau, Shoemaker
- About 95% recovered – but not stopping there! ☺

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

Can Lyme Be “Cured”?

- **Excerpts from a recent post by Dr. David Jernigan DC:**
- The question of whether or not Lyme disease can be cured is a recurring question that is asked every doctor who is faced with a person suffering from the disease. The term “cure” is almost taboo in the healing arts profession. No doctor that I know of is willing to say they can cure any illness....especially not Lyme disease.
- Before we just say an absolute “No” that Lyme disease is incurable, lets see what the best medical dictionaries define the word “cure” as meaning. After all, these medical dictionaries are the basis of what even the most agnostic doctors hold up as “truth.” The following definitions are taken from Dorland’s Medical Dictionary and Stedman’s Medical Dictionary.
CURE
noun.
 1. Restoration of health; recovery from disease.
 2. A method or course of medical treatment used to restore health.
 3. An agent, such as a drug, that restores health; a remedy.
 4. Something that corrects or relieves a harmful or disturbing situation.CURE
verb.
 1. To restore to health.
 2. To effect a recovery from: cure a cold.
 3. To remove or remedy (something harmful or disturbing): cure an evil.
- **Reading these definitions one immediately notices that at no time does the word “cure” mean all the bacteria are gone.**

No “Lymie” and Nothing “Dreaded”

- While community support has been a powerful part of my journey, I don't take on the 'Lymie' label
- The more we identify with and become the disease, the more difficult it is to ever let it go
- “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 hopeful

Multifactorial Illnesses

- Chronic illnesses are generally multifactorial
- They are the result of chronic infections, toxicity, and emotional factors
- While some factors may be the priority, many things must be considered and addressed to regain wellness
- There is no magic bullet
- Getting well is work
- Lifestyle changes will likely be required (diet, stress, etc.)
- Not everything is “Lyme”
- In fact, “Lyme” is often low on the priority list

Health Is A Delicate Balance

DIS-EASE

Health-Depleting

- Mold
- EMFs
- Negative emotions
- Heavy metals
- Chemicals
- Pesticides
- 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 emotion
- Finding purpose
- Compliance

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



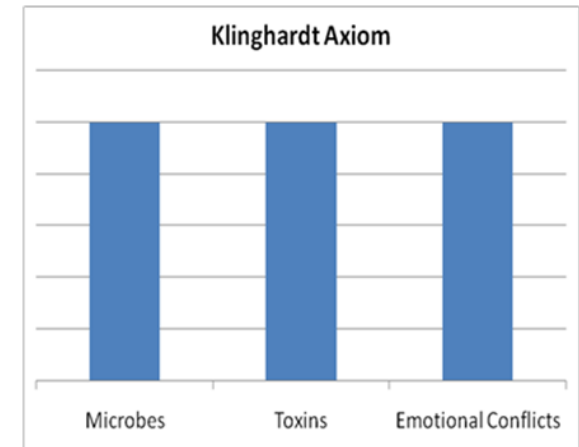
BetterHealth
Guy.com

Healing Models

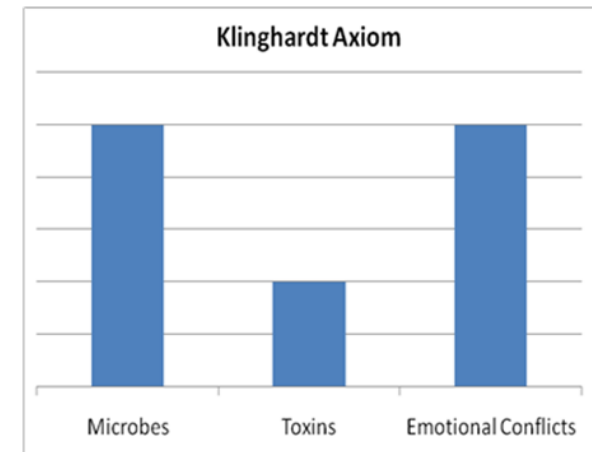
- [Dr. Klinghardt's 7 Factors](#) - Toxicity (including from infections), Nutritional Deficiencies, Structural Problems, Geopathic and Biophysical Stress (includes EMF), Interference Fields (scars, meridians, tonsils), Allergies (including foods), Psycho-Emotional Issues
- [Dr. Klinghardt's 5 Levels of Healing](#) – the body is more than just a physical body and consists of the physical, energy, mental, intuitive, and spirit body
- [Dr. Gordon's FIGHT Program](#) – Food/Focus, Infections, Genetics, Heavy Metals/Hormones, Toxins
- [Dr. Teitelbaum's SHINE Program](#) – Sleep, Hormones, Immunity, Nutrition, Exercise

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
- [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, mycotoxins, biotoxins, radiation, EMFs
- **Microbial Infestations** – parasites/protozoans, fungi/mold, bacteria, viruses, mycoplasmas; treat largest to smallest
- **Dietary Stress** – gluten, dairy, sugar, GMO, poor food choices (antibiotics, hormones, etc.)
- **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)

Cast of Characters

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

Commonly Overlooked Issues

- When people with “Lyme” aren’t getting well, there are often other factors that have been overlooked
- **Mold** – SurvivingMold.com is an excellent resource. Almost universal in people with CFS (93% in a new study had urinary mycotoxins), chronic Lyme, etc.
 - HLA testing
 - [Mycometrics](http://Mycometrics.com) ERMI testing
 - Urinary Mycotoxin Testing ([RealTime Laboratories](http://RealTimeLaboratories.com))
- **Parasites** – Simon Yu’s [Accidental Cure](http://AccidentalCure.com). May be a larger issue than “Lyme” in many with chronic illness
- **EMFs** – signal molds to be more aggressive in their release of biotoxins which cause many symptoms
- **Emotional Factors** – energy follows thought; emotions impact our immune systems and our ability to heal

Testing Options

- Lyme-Related
 - [IGeneX](#) Western Blot IgG/IgM, PCR, IFA (#6050)
 - [IGeneX](#) New Complete Co-Infection Panel (#5095)
 - LabCorp CD57 (initial indicator; not as useful as progress indicator)
 - [Advanced Laboratory Services](#) Borrelia Culture (best with no antimicrobials 4 weeks prior to draw to increase sensitivity)
 - [Fry Labs](#) – Protomyxzoa and biofilm testing
- Other Testing
 - **Biotoxins** - HLA, TGFb1, C4a, MSH, MMP9, VIP, VEGF, ADH/Osmo, MARCoNS
 - **Mold** – [Mycometrics](#) ERMI, [RealTime Laboratories](#) Urinary Mycotoxins
 - **Parasites** – [Diagnos-Techs](#), [Metametrix](#), [Parasitology Center](#)
 - **Gluten and Food Stressors** ([ELISA ACT](#), [ALCAT](#), [LEAP](#), [EnteroLab](#), [Cyrex](#))
 - **Heavy Metals** – [Doctor's Data](#), [Metametrix](#) urinary porphyrins, [QuickSilver Scientific](#)
 - **Adrenal Stress** – [Diagnos-Techs](#)
 - **Thyroid** (including rT3)
 - ISAC, KPU/HPU, Nagalase, Methylation, Vitamin D (incl. D 1,25)
 - **EMF** evaluation
 - Darkfield
- Energetic Testing
 - Autonomic Response Testing (ART)
 - ZYTO, Asyra, others...

Energetic Testing

- My number one tool throughout my journey has been energetic testing
- 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
- [Autonomic Response Testing](#) (ART) – Dr. Dietrich Klinghardt's advanced muscle testing system
- [ZYT0](#) – a computer-based biofeedback system
- [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 Personal Journey

- Any specific items that follow are based on my personal journey
- This does not suggest these items might be helpful for you; nor does it suggest that they are better than the things you are already doing
- What works well for one person may not work well for another
- I am always open to learning about new options, so please share any of your favorite options that I may not mention here

Very Helpful Interventions

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

Helpful Interventions

- RX Antibiotics, RX Antivirals, RX Antifungals
- Transfer Factors
- Detoxification (IV chelation, Microsilica, fibers, zeolites, pectins, chitosan, glycine, LED)
- Bee venom
- Homeopathics
- Neural therapy
- Stem cell therapy
- Earthing
- Bionic 880
- GcMAF
- BioSET / NAET
- EPD / LDA
- Structural work (adjustments, cranial-sacral, etc.)
- Zappers

Interventions With Unclear Benefit

- While the items below may be very helpful for some people, the benefit I received from them was unclear:
 - Ondamed (though some practitioners are very good)
 - Salt/C (led to high blood pressure)
 - Foot baths
 - Singlet oxygen
 - Allergie-Immun
 - Quantum Neurology
 - Rife
 - Prolotherapy
 - CES
 - NES
 - NCR
 - Chiren
 - MAF 878
 - BEMER
 - DRX 9000

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”
- Some of these products can be mixed into one large bottle of water and consumed throughout the day
- Might be done 5 days on; 2 days off or similar

Drainage Remedy Options

- [Heel Detox Kit](#) – Nux vomica (liver), Berberis (kidneys), Lymphomyosot (lymphatics)
- [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
- [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](#)



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
- “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

Detoxification Options

- [Takesumi Supreme](#) – general detox, mycotoxins, metals
- [Beyond Balance](#) TOX-EASE, TOX-EASE II, TOX-EASE GL
- [BioPure](#) Chlorella
- [Researched Nutritionals Tri-Fortify](#)
- [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](#) Zeolite / Zeolite HP, Trace Minerals Detox
- [Jernigan Neuro-Antitox II](#)
- [BioRay Liver Life](#)
- [MAXAM PCA](#)
- [Tree of Life Detoxify](#)
- [Herbs of Light](#) Liver/Gallbladder, Kidney/Bladder, Blood/Lymph
- [WishGarden Herbs](#) Liver Strengtheners, Kidney Strengtheners, Lymph Mover, Detox Tune-Up Tonic
- [Advanced Naturals Toxin AbsorbMax](#)
- Cholestepure
- [Glycine](#)
- [UltraThistle](#), [taurine](#) (liver)
- Solidago, Electrolytes (kidneys)
- [Red Root](#), Rebounding, Chi Machine (lymphatics)
- CSM or Welchol
- Methylation Support
- [Oil Pulling](#)
- Coffee enemas / colonics
- Regular Walking
- No fluoride, no bathing or showering in unfiltered water, etc.; avoid adding to the toxic burden



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. Now, I do them occasionally for ongoing detoxification support
- [Excellent discussion on Coffee Enemas](#) by Dr. Wilson
- [How to Prepare an Enema](#)
- [S.A. Wilsons](#)



Reducing EMFs (Detoxification)

- **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
- Earthing sheet (best grounded directly into the earth)
- No plugged in lamps or alarm clocks
- Consider Stetzer Filters (dirty electricity)
- Earthcalm Home EMF Protection System

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

“Lyme” Related Options

- [Beyond Balance](#) – BB-1, BB-2, BAR-1, BAB-1, BAB-2, BAB-3, IMN-R, IMN-V, TOX-EASE, TOX-EASE II, TOX-EASE GL
- [BioPure](#) – Quintessence, Artemisinin, and other products often used in the [Klinghardt Lyme Cocktail](#)
- [Maypa Herbals](#) – Formula-L, Formula-Bart, Formula-Bab, Formula-Green, Formula-Energy
- [NutraMedix](#) – Burbur, Parsley, Samento, Banderol, Cumanda...
- [Supreme Nutrition](#) – Morinda Supreme, Vital Guard Supreme, Golden Thread Supreme, Melia Supreme, Takesumi Supreme...
- Others: [Artemisinin Essentials](#), [Byron White Formulas](#), [Researched Nutritionals](#), [Woodland Essence](#)
- Not always about killing; modulating the immune response is key

Order is alphabetical



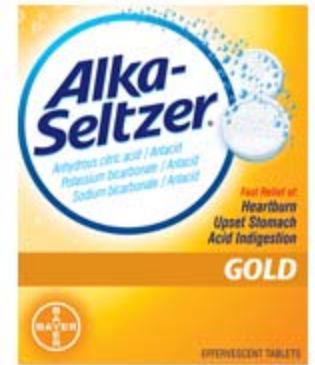
Essential Oil Options

- Can 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
 - Frankincense
 - Lemongrass
 - Bergamont
- [Young Living Thieves](#)
- [Mountain Rose Herbs](#)
- [DoTerra](#) – On Guard (antimicrobial), Zendocrine (detoxification)
- [PlantTherapy.com](#)
- [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.



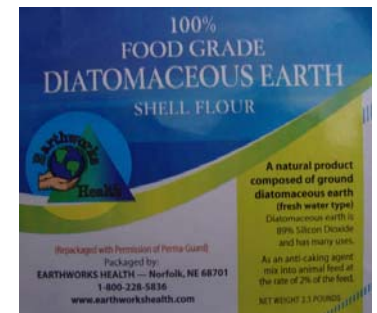
KPU/HPU

- 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 Public Health Alert found [here](#)
- “The Core” from [BioPure](#) may be a good foundational product for many with the condition



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
- [Mimosa Pudica](#)
- [BioPure Rizol Gamma](#), [NEXUS](#)
- [Melia Supreme](#) (neem), [Morinda Supreme](#)
- [HealthForce Nutritionals SCRAM](#)
- [Paratrex](#)
- [Beyond Balance PARAZOMIN](#) and [MC-PZ](#)
- [Pekana HEMLIN](#)
- [Energetix](#) Para-Chord, Core Para-V Blend
- [Systemic Formulas](#) VRM1, VRM2, VRM3, VRM4
- [Humaworm](#)
- [Tree of Life Purify](#)
- [Paramune+ / Paramune 5](#)
- [Freedom, Cleanse, and Restore](#) (Dr. Amin)
- [Diatomaceous Earth](#)
- [MMS](#) (oral and enemas)



BetterHealth

Guy.com

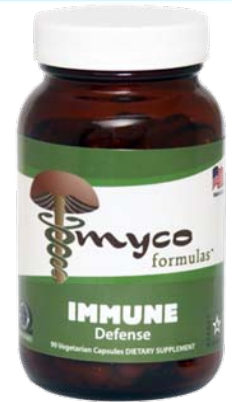
Fungal Options

- 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](#)
- [Young Living Inner Defense](#)
- [Melia Supreme](#) (neem), [Morinda Supreme](#)
- [Diatomaceous Earth](#)
- Xymogen Candidicidal
- Priority One Caprylic Plus
- Probiotics and Fermented Foods
- Candida Diet



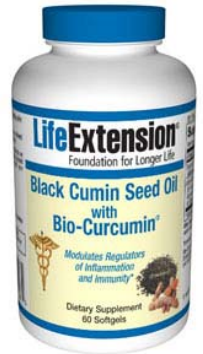
Viral Options

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



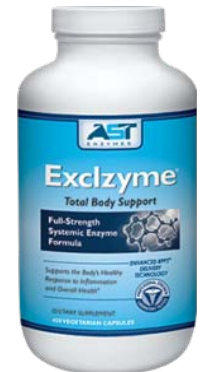
Inflammation Options

- Some inflammation is healthy and required for healing, but in chronic illness, the inflammation is often uncontrolled and can lead to further damage
- The body's response to microbes and toxins leads to inflammation
- Inflammation leads to a decreased ability to detoxify the body
- Microbes thrive in areas of toxicity, tissue damage, and inflammation
- Reducing inflammation may be an important strategy to allow the body to release toxicity and to reduce microbial burden
- Dr. Shoemaker's biotoxin protocols are in part about regaining control of inflammation regulatory mechanisms
- Favorites: Turmeric, Liposomal Curcumin, Black Cumin Seed Oil, [Complementary Prescriptions Advanced Inflammation Control](#), coffee enemas, systemic enzymes, tart cherry, omega oils, [Chinese Skullcap](#), [New Chapter Ginger Force](#), [BioPure CurcuSyn](#), [NeuroProtek](#), [FibroProtek](#), Japanese Knotweed, Stephania, [astaxanthin](#), quercetin, anti-inflammatory diet, Ketotifen, LDN



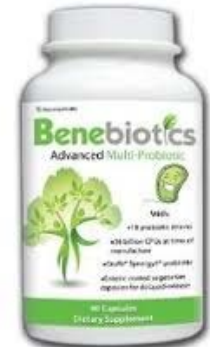
Systemic Enzyme Options

- Enzymes can be digestive or systemic
- The combination of enzymes and when you take it makes all the difference
- May help with hypercoagulation or biofilms
- Can be provoking if not ready
- [NutraMedix](#) Serrapeptase
- Boluoke
- [Wobenzym](#)
- [Energetix](#) Catalyst-C
- [AST Enzymes](#)
- [Klaire](#) Interfase, Interfase Plus
- [Beyond Balance](#) MC-BFM



Probiotic Options

- [Benebiotic](#)
- [Mercola Complete Probiotics](#)
- [MAXAM PHP](#)
- [BioImmersion](#) – Supernatant, Beta Glucan
- [TruFlora / Theralac](#)
- [VSL #3](#)
- [Therbiotic Complete](#)
- [Living Streams Probiotics](#) (also as nasal spray or neti pot)
- Probiotic enemas or implants
- Fermented foods



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
- Advanced toothbrush and regular flossing
- [Well Scent Watch Your Mouth](#)
- [Supreme Nutrition Oral Defense](#)
- [OraMD](#)
- [Essential Oxygen Brushing Rinse](#)
- [Oralive Dental Regenerative Elixir](#)
- Thieves Essential Oil Blend Toothpaste
- [PerioPaste](#)
- [Weleda Salt Toothpaste](#)
- Perio Protect System
- Oil Pulling



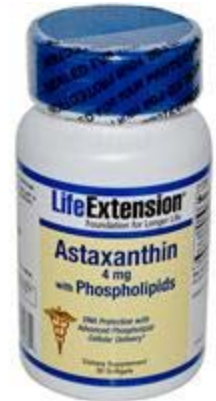
Sinus Health Options

- 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](#)
- Manuka Honey Rinses (distilled water or saline only)
- Pleo Rec
- Symbioflor or other nasal probiotics



Astaxanthin

- Found in microalgae; carotenoid
- Pink color in salmon and flamingos
- May benefit eyes, brain, heart, kidneys, and more
- May protect against free radicals, increase lifespan, protect mitochondria, support the immune system, support brain function, protect liver, prevent diabetes, improve memory and cognitive function
- Anti-inflammatory
- [LEF Astaxanthin with Phospholipids](#)
- [BioAstin Supreme](#)
- [BioPure Astaxanthin](#)
- <http://astaxanthinbenefits.net>



Other Considerations

- **Thyroid**– T3, T4, selenium, tyrosine, iodine
- **Adrenals** – Maypa Formula Energy, Neuroscience Adrecor, Energetix Adrenal-Tone and Adrenal Force, adaptogens
- **Essential Fatty Acids** – fish oils, krill oil, parent essential oils (YES Oils)
- **Minerals** – BioPure MicroMinerals, Cardiovascular Research Comprehensive Minerals, Trace Minerals Research, The GIFT, Ancient Minerals Topical Magnesium Oil
- Zinc, CoQ10, A, C, D, E, K2, HCl

Taking Supplements

- Every time you take your supplements, tap through the [tapping points](#)
- Opens up the meridians and may make the biochemical interventions you consume more beneficial
- Use Premier QCI vial on GV20 for 20 seconds before taking supplements
- Give thanks to the universe and know that these will support you in your return to balance
- Energy follows intention; intend for everything that you do and everything that you take to be profoundly healing

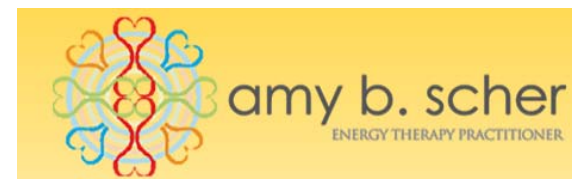


Emotional Health Options

- At the root of most 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
- 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 allow 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
- 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](#)



Biomat

- One of my favorite healing tools
- Wish I had found it years ago
- Users have reported it may:
 - Reduce stress and fatigue
 - Relieve anxiety
 - Improve sleep
 - Reduce inflammation
 - Ease joint pain and stiffness
 - Increase circulation
 - Alleviate headaches
 - Promote relaxation
 - Improve the immune system
 - Eliminate toxins
 - May increase urinary output of mycotoxins
- [Biomat](#)



Other Favorite Tools

- [DreamSpa](#) – light and photon therapy
 - Increased Energy
 - Brain "Rebooting"
 - Improved Sleep
 - Profound Stress Relief
 - Enhanced Mood
 - Greater Mental Clarity
 - Reduced Pain
 - Reduced Effects of Inflammation
- [Sunlighten FIR Sauna](#) - detoxification
- [Sleep Canopy](#) – EMF protection
- [Air and Water Filters](#) – filter all shower, bathing, and drinking water



Future Items of Interest

- Biomodulator (voltage)
- Tesla Lights
- NES miHealth
- Quantum Life
- Telomerase activation for immune system rejuvenation
- QuickSilver Scientific Heavy Metal Testing
- Woodland Essence CSA Formula
- Apheresis
- Cold Thermogenesis

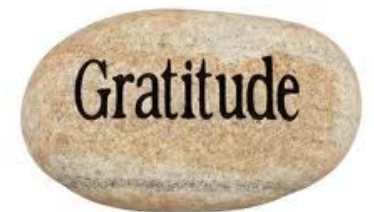
Final Thoughts

- 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!



Gratitude

- I'd like to express my gratitude to my mentors that have been so generous in my learning journey: Dr. Dietrich Klinghardt, Dr. Lee Cowden, Dr. Ann Corson, Dr. Claire Riendeau, Dr. Amy Derksen, naturopath Susan McCamish, Dr. Garry Gordon, and Dr. Steven Harris
- I send gratitude to the universe for these wonderful and brave healers
- 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!
- Thank YOU!
- Namaste



Stay Connected

- <http://www.facebook.com/BetterHealthGuy>
- <http://www.twitter.com/BetterHealthGuy>
- <http://www.BetterHealthGuy.com>
- Scott@BetterHealthGuy.com

