LYME DISEASE

Lyme Disease (Borreliosis) is an infectious disease carried by various birds, rodents, deer and ticks. There is indication that mosquitoes and other biting insects may also be vectors to this disease. It is passed among the animals and insects in this group when a tick latches onto an infected host, usually a Deer Mouse. The spirochetes (Borrelia burgdorferi) in the infected blood of the mouse enter the blood of the tick and begin another life cycle, or continue their lifecycle in the stomach of the tick. The tick then bites or latches onto a different host and infects the new host with the Lyme disease.

The tick finds the skin of a human and the spirochete (Borrelia bugsdorferi) enters into the blood stream through the bite of the tick. It is most commonly occurring in the summer and early fall when the tick population is highest and mostly found in tall wild grasses in the countryside.

After the spirochete enters the blood it lies dormant for between 3 and 30 days then begins to migrate through the skin, lymph or blood to other parts of the body. As this occurs a red 'bulls eye' rash occurs at the site of the tick bite (ie red with a white centre) and this may expand to be as large as 50 cm across. Soon after this most victims develop other red patches at unrelated sites on the body and these may last for several weeks.

The disease was first discovered in 1970 with the characteristic bulls-eye rash appearing on men from the Groton, Connecticut submarine base, and the findings of studies reported by Navy doctors in 1974. The disease then affected a group of families in the town of Old Lyme, Connecticut, where awareness of the disease became more prominent, and it received its current common name of Lyme Disease.

Many think Lyme disease is a form of Syphilis. There exists an uncanny similarity between the disease of Syphilis and Lyme Disease. There exists two formations of Lyme. One is the Spirochete formation. A spirochete is a bacterium of the genus Spirochaeta that is motile and spiral-shaped with flexible filaments. This is the organism responsible for Lyme. This exists also in Syphilis. The spirochetes are known to go through a very aggressive and patterned life-cycle.

It has been found that the typical duration of anti-biotic treatment currently prescribed by physicians, does not coordinate with the life-cycle of the Lyme Spirochete, and therefore the duration of treatment must be extended.

The second formation is the "survival form" which is also known as the Cystic Form, Spherocytes, and the L-Form. This form presents itself as an encapsulated form of nucleic acids and is extremely difficult to eradicate from the body with antibiotics. In lab tests, these Cystic forms have been frozen and thawed, and injected into Deer Mice to replicate the Spirochetes. All these forms survived the freezing duration to replicate successfully.

Just how smart are these Spirochetes? Syphilis has 27 genes and it is pretty seriously damaging. Lyme spiroketes have 237 genes which is almost 10 times more genetic material to vary their immunity to evade the host's system. That makes spiroketes 10 times smarter.

Spirochetes are difficult to detect. They live in the intracellular area of the body, but feed in the intestines. They move lightning fast between these areas. They can be detected in the mouth with microscopy. They like to feed off magnesium and tyrosine so we try and use magnesium gel topically, and avoid tyrosine.

SYMPTOMS

Although the diagnosis of Lyme is a CLINICAL diagnosis, some of the common symptoms of the disease seen in a clinical setting are a bulls-eye shaped rash around a bite site, followed by flu-like symptoms, fever and general malaise.

Most Common Symptoms:

Difficulty sleeping
Headache
Dementia in severe cases
Yeast infections
Back and/or joint pain
Swollen glands
Severe fatigue
Foggy Headed feeling
Depression
TICK BITE (fewer than 50% of people recall a tick bite or get/see the rash)
Rash at site of bite
Rashes on other parts of your body
Rash basically circular and spreading out (or generalized)
Raised rash, disappearing and recurring
Head, Face, Neck
Unexplained hair loss
Headache, mild or severe
Seizures
Pressure in Head
White Matter Lesions in Head (MRI)
Twitching of facial or other muscles
Facial paralysis (Bell's Palsy)
Tingling of nose, (tip of) tongue, cheek or facial flushing
Stiff or painful neck
Jaw pain or stiffness
Dental problems (unexplained)
Sore throat, clearing throat a lot, phlegm, hoarseness, runny nose
Eyes/Vision Double or blurry vision Increased floating spots
Pain in eyes, or swelling around eyes
Oversensitivity to light
Flashing lights/Peripheral waves/phantom images in corner of eyes
Ears/ Hearing
Decreased hearing in one or both ears, plugged ears
Buzzing in ears
Pain in ears, oversensitivity to sounds
Ringing in one or both ears
Digestive and Excretory Systems
Diarrhea
Constipation
Irritable bladder (trouble starting, stopping) or Interstitial cystitis
Upset stomach (nausea or pain) or GERD (gastro esophageal reflux disease)

Musculoskeletal System Symptoms:

- **Bone pain, joint pain or swelling, carpal tunnel syndrome**
- **Stiffness of joints, back, neck, tennis elbow**
- **Muscle pain or cramps, (Fibromyalgia)**

Respiratory and Circulatory Systems Symptoms:

- **Shortness of breath, can't get full/satisfying breath, cough**
- **Chest pain or rib soreness**
- **Night sweats or unexplained chills**
- **Heart palpitations or extra beats**
- **Endocarditis**
- **Heart blockage**

Neurologic System Symptoms:

- **Tremors or unexplained shaking**
- **Burning or stabbing sensations in the body**
- **Fatigue**
- **Chronic Fatigue Syndrome**
- **Weakness, peripheral neuropathy or partial paralysis**
- **Pressure in the head**
- **Numbness in body, tingling, pinpricks**
- **Poor balance, dizziness, difficulty walking Increased motion sickness**
- **Lightheadedness, wooziness**

Psychological well-being Symptoms:

- **Mood swings, irritability, bi-polar disorder**
- **Unusual depression**
- **Disorientation (getting or feeling lost)**
- **Feeling as if you are losing your mind**
- **Over-emotional reactions, crying easily**
- **Too much sleep, or insomnia**
- **Difficulty falling or staying asleep**
- **Narcolepsy, sleep apnea**
- **Panic attacks, anxiety**
- **Mental Capability**
- **Memory loss (short or long term)**
- **Confusion, difficulty in thinking**
- **Difficulty with concentration or reading**
- **Going to the wrong place**
- **Speech difficulty (slurred or slow)**
- **Stammering speech**
- **Forgetting how to perform simple tasks**

Reproduction and Sexuality Symptoms:

- **Loss of sex drive**
- **Sexual dysfunction**
- **Unexplained menstrual pain, irregularity**
- **Unexplained breast pain, discharge**
- **Testicular or pelvic pain**

General Well-being Symptoms

- **Unexplained weight gain, loss**
- **Extreme fatigue**
- **Swollen glands/lymph nodes**
- **Unexplained fevers (high or low grade)**
- **Continual infections (sinus, kidney, eye, etc.)**
- **Symptoms seem to change, come and go**
- **Pain migrates (moves) to different body parts**
- **Early on, experienced a "flu-like" illness, after which you have not since felt well.**
- **Low body temperature**
- **Allergies/Chemical sensitivities**
- **Increased effect from alcohol and possible worse hangover**

HOW TO CHECK FOR TICKS

Step 1

Head straight for your bathroom and strip off all your clothes. Toss them in a dry bathtub. This keeps any critters crawling across the bathroom floor. Just because they aren't on you,

doesn't mean they won't find you later in they are out crawling around.

Step 2

Check your hair first. If you have long hair , take it down. Run your fingers flat against your scalp and over your entire head. Hold your fingers together and use both hands. Touch the entire surface area of your scalp. Feel for small bumps or objects against your head. It helps to have a partner assist you in the search through your hair, making sure to part the hair in sections while checking thoroughly.

Step 3

Comb your hair. Hopefully you didn't find any ticks attached to your head, but they could still be around. Use a small-toothed comb and thoroughly comb through all of your hair. If your hair is long, pull it up when you're finished.

Step 4

Look over the rest of your body from the top down. Some ticks are very small, so look carefully at your skin. You are looking for a small, round, black or brown bump. Stand in front of a long mirror to look at your back side or ask for some assistance if your partner is around.

Step 5

Raise your arms and check your armpits. Ladies, be sure to check underneath your breasts. Ticks like dark areas. Check your male and female parts just in case. Ticks will typically head for the hottest area of the body (the head) and will only stop if they are blocked by clothing or armpits, groins, etc.

Step 6

Put on some clean clothes. If you've made it this far without finding a tick you are good to go. Carefully pick up your clothes from the bathtub and hold them away from yourself. Look for ticks in the bathtub.

Step 7

Take your clothes outside and give them a shake. Turn them inside out and shake them again. If you found a tick, leave your clothes outside for a while. If you missed one, it should crawl away eventually in search of more food.

REMOVAL OF TICKS

A safe way to remove tics is with liquid soap. Most try and use tweezers to get into hard places to get the little fellers out, but if you apply liquid soap onto a cotton ball and cover the tick with the soap soaked cotton ball, swabbing it for 20 seconds, the tick comes out on its own and will be stuck to the cotton ball when you lift it away. So when you are out in the fields, or camping, carry a little bottle of soap and some cotton balls with you.

DIAGNOSIS

The diagnosis for Lyme Disease is clinical, and causes multi-organ failure. Lyme is known as the "Master Mimic" due to its ability to present symptoms of every organ system in the body, thus leading to common mis-diagnosis.

Lab tests can be notoriously unreliable worldwide, offering false positive as well as false negative results. Different standards for the interpretation of the anti-body detection exist between Canadian and US labs, as well as among different States and Physicians in the US. There lacks a unification within the Medical Community and therefore an urgent dialogue is required. These differences have lead to confrontational stances on all fronts, and has split the Medical community in reference to Lyme Disease. Some common mis-diagnosis include:

Neurological	**MS**	**ALS**
Muscular Dystrophy	**Neoplasm**	**Idiopathic**
Neurological Degenerative Disease	**Alzheimer's**	**Fibromyalgia**
Arthritis	**Rheumatoid Arthritis**	**Juvenile Arthritis**
Ankylosis Spondylitis	**Osteo Arthritis**	**Infections-HepB/C HIV**
Chronic Renal Infections	**Bowel Disorders**	**Chronic Pulmonary Infections**
IBS	**Crohn's**	**Ulcerative Colitis**
Hormonal Insufficiencies	**Hypo Thyroidism**	**Low Estrogen, Testosterone**

Adrenal insufficiencies	**Hematological**	**B12 deficiencies**
Folic Acid Deficiencies	**Anemia**	**Mylo Proliferative Disease**
Malignancies	**Bowel Cancer**	**Pancreatic Cancer**
Lung Cancer	**Anxiety**	**Psychological Neurosis**
Hypo Chondriasis	**Phobias**	**Post Traumatic Stress Syndrome**
Reactive Depression (Situational)		

From the extensive list above, one can see how easy it would be to, in fact, misdiagnose the disease. It is imperative that further studies are done regarding Lyme so that proper education within the medical world would allow for successful treatment of the many sufferers in existence now.

When ticks bite they transfer pathogens into the body. Remove the ticks as fast as possible, (liquid soap over the tick on a cotton ball works well) but if you find you are a little late, the bacteria called Borelia burgdorferi may be in your system, and you also may have microfilarial worms present that live within that bacteria.

Drink plenty of water. Any pure salt should work. Start with a quarter teaspoon of salt in a large glass of water or you can add salt to foods like soup. You can try and get salt tablets over the internet at Saltworks (1 gram sodium chloride USP tablets) or buffered salt tablets at Americarx.com. We also find them on Amazon on the internet: sodium chloride tablets. You should be able to put the salt in gelatin caps like herbal remedies as well to get the salt into your system - just measure out how much you want to take and fill the capsules accordingly.

Vitamin C is usually easy to obtain.

Both Salt and Vitamin C are water soluble so if you are getting enough water into your system, the body flushes out the excess. The body uses up whatever it needs and flushes it out through the urine. Take a full glass of water (8oz) each time you take the remedy.

You can take this treatment with food. Results as quick, excretion of toxins almost instant. Diarrhea occurs from the Vit. C and salt. The die-off occurs in cycles, stick with it. Salt is an electrolyte which you need to function.

The longer you have had the illness, the longer you will take the remedy. For some it could take 2-3 years. Some people may want to take parasitic herbs at the same time, but it has not been tested with the remedy and therefore can't be recommended.

If you feel worms exiting the body, allow them to fully exit, don't break them off when they are part way out.

Ultra-violet light (sunshine) is also helpful to kill germs - about 15 minutes a day, don't use sunscreen and don't burn. Salt water baths may be helpful - add table salt to the bath until the water is saturated and no more salt can be absorbed (about a pound of salt per bath).

Using a Rife Machine (hertz frequency application) has been shown very effective. There are many on the market. GB 4000 has a program built in for Lymes. Can get these machines online.

<u>Salt Remedy</u>
One remedy you can do is using 3 grams of sea salt (1/2 tsp) and 3,000 mg of Vitamin C four times a day (this is be about one gram for each 10 pounds of body weight). Don't exceed 18 g rams of salt or Vit. C a day; 15 grams would be the average adult dosage for a full 24 hr period. If pills are a problem, crush them or dissolve them in water.

One teaspoon equals 6 grams; one tablespoon equals 15 grams.

LONG TERM TREATMENT PLAN

1. Parasite cleanse:
Several weeks using suppositories of freeze dried garlic, artemisinin, then regular parasite cleansing for 3 months
Cleanse liver and bowel at same time to remove parasites. Frequent colonics if you can manage.

2. Detox the heavy metals:
DAILY:
10 tabs or caps of chlorella about 1/2 before breakfast
1000 with each meal of Vitamin C
Selenium (taken away from the Vit. C)
30mg zinc (taken in the evening)
3,000 mg flaxoil (or eve. primrose or borage)
BI-WEEKLY or WEEKLY:
Alkala with 3,000 mg Vit. C
Solidago comp or similar
B complex
Coenzyme comp
Magnesium orotate
Pituitary glandular

also: remove amalgams if any are in the mouth

2. Vitamin Supplements:
a. For joint pain: high doses of niacin (the flushing kind). Start with 100mg after each meal (300mg a day) and work up to 1000mg after each meal (3,000mg a day). It should take you about a week to get to the 3,000mg a day. It is good to exercise during the flushing stage. Eventually the flushing will not happen but if you stop taking the niacin for a day or so, the flushing will start up again. Can go up to 8,000 mg a day if needed. Remember to do the flush niacin after a meal. Good to exercise when you have the flush. After a few days the skin irritation stops. Will start again if you skip a day. Niacin is a precursor to NADH which is expensive, and niacin is very cheap.
b. Fatty acid supplementation: flaxoil is best, but if you can't take it, use borage or evening primrose oil.
c. Milk thistle and alpha lipoic acid to cleanse the liver.
d. B complex.
e. Eveliza (1-2 bags a day) for superior amino acid

3. Spirokete like to hide in the biofilm. Get rid of the biofilm and the body's defences can find search and destroy. Here are the options to clean out biofilm:
___ Homeopathic silica (low dose only)
___ High doses iodine
___ Freeze Dried Garlic
___ Artemesium

4. Diet: in general reduce animal protein. no alcohol. no grain. no sugar. The diet is designed to take the stress off the body so it can rebuild and heal:
Chicken twice a week
Tuna or Salmon 1-2 times a week
All veggies cooked or raw
Fruit: avoid acid fruits, eat very limited amounts of other fruits
No gluten (wheat, oats, rye, barley, spelt, kamut). Instead you may have: rices, buckwheat, quinoa, amaranth, teff, lentils, dried peas and beans, corn.
Limited amounts of almonds (no hazelnuts or walnuts)

No or only a little chicken eggs
No beef, pork, lamb, or any other red meat
No cows milk or cheese made from cow but you can have goat milk and goat cheese
No sugar
For oils and spreads - use flaxseed oil, extra virgin olive oil, coconut oil, organic soy oil (no butter, margarine)

5. **Other remedies: Cats Claw, Colloidal Silver for short while at first, Neem**

6. **Rife Machine - hertz frequencies have worked very well. These machines are now called Frequency Generators. The 4,000 model is good.**

7. **Almost everyone is low in anti-diuretic (vasopressin) hormone. Short term memory is greatly helps with with also. Take tablets not nasal spray application. You can take medical drug for a few months, then switch to homeopathic.**

8. **Treat any yeast infections.**

9. **Heal intestine**

10. **Rebuild cells and regenerate**
Nerve cells slow to regenerate, 3 years needed. Adrenal assistance.

11. **1 Tbsp granules a day or 2 g caps Soy Lecithin (contains Phos Choline, Phos Serine)**

12. **Check and Treat Co-Acting Viruses:**
Cytomegalia
Chlamydia
Coxsackie
Epstein Barr Virus
Vaccine viruses, Hep B, Flu

OTHER:

Remove cats from environment - they carry a lot of human pathogen viruses incl. Bartonella, babesia. They carry a lot of parasites which live in cystic form on carpets, in houses etc. Dogs may also be an issue.

If you have an active Lyme case, hold off on any hormone treatments, the spiroketes feed off hormones.

If you are on thyroid medicine: In general Lyme disease causes T4 to be converted to reverse T3, not T3 which is what is needed.
if you have hashimoto's and thyroid antibodies, then taking T4 to produce T3 doesn't work if you have Lymes; it produces reverse T3. Better to take the synthetic version using Synthroid.