LYME DISEASE
(Borrelia burgdorferi)

1. Pre-Disposing Factor: Lyme disease is now the most common vector-borne illness in the U.S. It is a spirochetal infection caused by a newly recognized organism *Borrelia burgdorferi* and transmitted primarily by ticks and other insects. Most experts agree that Lyme disease is under-reported. Patients who present with Lyme disease type symptoms (rash, fever, etc.), should also be checked for *Babesia microti*. Serum changes include increased ALT/SGPT, increased sedimentation rate, increased interleukin-6, increased CRP and increased immunoglobulin M.

2. Dietary Suggestions:

a. Drink at least 8 full glasses of pure water daily (no well water or city water).
b. Eliminate refined foods, alcohol, gluten, dairy (except butter) and hydrogenated fats and oils. Increase raw and fresh foods.

3. Primary Supplemental Support in order of need:

a. During the early part of the infection a skin rash develops in the majority of patients and if the disease is localized, other significant manifestations (arthritis, cardiac and/or nerve disease primarily) will be lacking. During this phase, treatment with high dose antibiotics is sometimes successful.
b. If the problem is not caught or addressed properly in the early stage, late stage Lyme disease will usually develop. During this phase, arthritis, cardiac disease and/or nerve disease often develop and the high dose antibiotic treatment is frequently less successful. Although the peer reviewed literature does not reflect treatment for this problem or *Babesia microti* with drugs (except quinine) designed to treat parasitic problems, clinical feedback indicates the following supplementation is often helpful alone or with prescribed medication for late stage Lyme disease

a. **Parasite Comp** – 2 teaspoon bid and **Bromelain Plus CLA** – 6 bid, empty stomach.
b. **ADP** – 5 tid for 14 days then 3 tid. After 14 days add – **BioDoph-7 Plus** – 1 bid.
c. **21st Century Homeopathic For Parasites** – 1 capful bid.
c. **NAC** – 2 tid and **HCL-Plus** – 2 with meals.
d. **Stevia** – As directed by the manufacturer (**ADP** and **Stevia** will help with the biofilms associated with Lyme).

4. Other Considerations: Recent peer information indicates that Lyme is one of the few pathogens that require manganese rather than iron to proliferate. According to Dr. Rich Olree, (*Minerals For The Genetic Code*), selenium as **Selenomethionine**, copper (**Cu-Zyme**) if needed or zinc (most common) as **ZN-Zyme Forte** and iodine (**Iodizyme-HP**) will help to prevent the pathogen from using manganese to proliferate.