LYME DISEASE: The Great Imitator

“What I’ve learned so far....”
DISCLAIMER

• This presentation is my personal testimony and the information is for educational purposes only. Commentary is not meant to diagnose, treat or replace conventional medical treatment. It is not intended as medical advice and if anyone has a medical condition, they must seek medical attention.

• I attended Trinity School of Natural Health in Warsaw, I.N. where I obtained my CNHP, Certified Natural Health Professional and my Doctor of Naturopathy degree.

• I am Board Certified by the ANMCB, American Naturopathic Medical Certification Board, Certificate #81030
How Lyme has affected my life

• Life-long symptoms
• Strep, allergies
• 1996 saw tick, Allaire State Park
• Saw LLMD, lyme-literate lyme doctor
• 5 years of Rx medications, including 3 antibiotics at times, anti-depressants
• Paralysis
• Breast cancer (thermography only!!)
• Great health now
How Lyme has affected my family

• Husband
  • Severe symptoms including tachycardia (heart 240 beats/min)
  • Buggy eyes
  • Radiating jaw pain
  • TIA’s
  • Severe fatigue
  • Muscle pain
  • Heart/shoulder surgery/foot surgery/hernias/knee
  • Sleep disorders
How Lyme has affected my family

• My kids
  • Six children
  • All treated with antibiotics initially, saw LLMD
  • Special Ed; 504 Plan, EIP
  • Managing themselves as adults
  • Very expensive
My Story was published in Focus, October 2003. Great articles dedicated to Lyme disease.
How Do You Feel?

• Are you sick and tired of being “sick and tired”?  
• Anxiety, fatigue, not feeling well  
• Stress  
• Poor diet  
• GMO foods, preservatives, herbicides, pesticides  
• Heavy metals (dental including mercury)  
• Pathogens: bacterial, viral, protozoa (parasites)  
• Could it really be lyme disease?
Lyme Disease

• Gram-negative bacteria
• Spirochete, similar to syphilis, pleomorphic
• Anaerobic, lives without oxygen
• Old Lyme, Connecticut 1975
• Discovered by Wilhelm “Willy” Burgdorfer, PhD
  • Zoologist, pathologist, bacteriologist.
  • 1982 worldwide recognition for his discovery of a tick-borne spirochete, “borrelia burgdorferi”
Different stages of ticks
Reported Cases of Lyme Disease by Year, United States, 1995-2014
How to deal with Lyme at it’s core

• Diet: ketogenic diet, GAPS, Paleo, DASH, low carb/low fat, etc
  individual choice, best is organic, non-GMO
• Supplements: use the best you can, organic, whole-food
• Exercise: any
• Rife machine
• PEMF, Pulsed Electromagnetic field therapy
Rife machine
PEMF machine, Pulsed Electromagnetic Field
How to deal with Lyme at its core

• Glutathione/phosphatylcholine IV push
• Essential oils, fabulous for trans-dermal, some for internal
• Sauna
• Hyperbaric oxygen
• Ozone
• Dental
## Meridian Tooth Chart

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<td>Endocrine Glands</td>
<td>Anterior pituitary</td>
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How to deal with Lyme at it’s core

• Salt/C protocol: Read “The Salt/C Plus Protocol for Lyme Infection” by Marc Fett
Lyme Disease Symptoms

• Tick bite
• Rash at tick site/rashes at other sites
• Headaches/migraines
• Shin splints
• Unexplained fevers, sweats, chills
• Fatigue, tiredness
• Unexplained hair loss
• Swollen glands
• Mood swings/anger
Lyme Disease Symptoms

• Irritable bladder/dysfunction
• Constipation/diarrhea
• Joint/muscle pain
• Shortness of breath/chest pain
• Feet: swelling toes, balls of feet, pain/burning
• Neck creaks/cracks, stiffness
• Upset stomach/pain
• Ears: buzzing/ringing/pain
• Difficulty concentration
Testing

• Labs (not limited to just these)
• Lab Corp, Quest Labs
• Igenex Labs, IgG and IgM Western blot immunoassay antibody blood test
• Pharmasan Labs, iSpot test, measures T-cell response to 4 specific lyme antigens (compliments a Western Blot)
• Advanced Lab Services, culture test for spirochetes/borrelia
• Fry Labs, vector-born and infectious disease (lyme, babeisa, etc)
Test Results

• Why are so many people told they are negative when they are actually positive?

• 1st line of testing, Lyme titre

• 2nd line of testing, ELISA test

• 3rd if first 2 are positive, Western blot

• Read as IgG (been exposed to lyme) and IgM (current infection)
Test results: Western blot

- Western blot – CDC says “to qualify for recent infection, a patient needs 2 of the 3 following Bb IgM bands: 23/25kD, 39kD, 41kD.

- To qualify for longer standing infection, a patient needs 5 of the 10 following Bb IgG bands: 18kD, 21kD, 28kD, 30kD, 39kD, 41kD, 45kD, 58kD, 66kD, 93kD

- The lower the number, the more significant

- CHART- 9kD = cross-reactive for Borrelia
  
  12kD = specific for Bb

  18kD = unknown

  20kD = cross-reactive for Borrelia

  21kD = unknown
Western blot test

22kD = specific for Bb, probably really the 23/25 band
23/25kD = outer surface protein C (OspC), specific for Bb
28kD = unknown
30kD = unknown, probably an outer surface protein, common in Europe/California strain
31kD = outer surface protein A (OspA) specific for Bb
34kD = outer surface protein B (OspB) specific for Bb
35kD/37kD = specific for Bb
38kD = cross reactive for Bb
39kD = major protein of Bb flagellin, specific for Bb
Western Blot Test

41kD = flagellin protein of all spirochetes, usually 1st to appear after Bb infection

45kD/50kD/55kD/57kD/58kD/60kD  cross-reactive for all Borrelia

66kD  =  cross-reactive for all Borrelia, common in all bacteria

83kD  = specific antigen for Lyme bacterium, probably a cytoplasmic membrane

93kD  = unknown, probably same protein as 83
Lets Relax Here

take a deep breath........
- Lyme is not alone
- Co-infections
- Babesia
- Bartonella
- Mycoplasma
- Epstein Barr virus
- HHV-6
- Strep/Staph
- Many additional
So what could you do?

1. Find a LLMD: lyme-literate medical doctor
2. Find a holistic healthcare professional that is versed in lyme disease
3. Work with both a medical doctor and a holistic healthcare professional
4. Do nothing at all
Protocols

Medical:
- Antibiotics
- Anti-virals
- Anti-depressants
- Prescription drugs

Holistic:
- Vitamins
- Herbs
- Homeopathic “remedies”
- Diet, water (hydration)
- Meditation/prayer
WHAT MY PHILOSOPHY IS:

• START WITH THE IMMUNE SYSTEM
  • The body is made up of 100 trillion cells
  • Consists of your skin, thymus, spleen, lymph system, bone marrow, white blood cells, antibodies (white blood cells), horomones
• Nourish and feed the body properly
• Supplements
• Hydrate with water
• Inflammation: the body is on fire!
What I have observed

- Previous tests that patients share with me
- High percentage of High blood pressure, high cholesterol, high LDL, low HDL
- High C-Reactive protein
- High fibrinogen
- Insulin resistance
- Inflammation!
What is the cause of inflammation?

• Diet
• Acidic tissues
• Lack of exercise
• Infection:
  • bacterial
  • viral
  • protozoa
  • parasites, etc.
Superfoods to Decrease Inflammation

• Beans
  Pinto, Navy, Great Northern, lima, garbanzo (chick peas), black beans, lentils, green beans, sugar snap peas, green peas
• Flavonoid rich berries
  purple grapes, cranberries, boysenberries, raspberries, strawberries, currants, blueberries, cherries
• Cruciferous vegetables
  Brussel sprouts, cabbage, kale, turnips, cauliflower, collards, bok choy, swiss chard, mustard greens
Superfoods to Decrease Inflammation

- Low gluten whole grains (if tolerable)
  - Brown rice, barley, buckwheat, millet, amaranth, quinoa, kamut, yellow corn, spelt, couscous

- Citrus fruits
  - Lemon, white/pink grapefruit, kumquats, tangerines, limes

- High carotene vegetables
  - Pumpkins, carrots, butternut squash, sweet potatoes, orange bell peppers

- Fish
  - Wild caught, Alaskan salmon
Superfoods to Decrease Inflammation

• Green leafy vegetables
  • Kale, collard greens, Swiss chard, mustard greens, turnip greens, bok choy, romaine lettuce

• Lycopene sources
  • Tomatoes, watermelon, pink grapefruit, Japanese persimmons, red-fleshed papaya, strawberry, guava

• Nuts & seeds
  • Walnuts, almonds, pistachios, macadamia nuts, pecans, hazelnuts, cashews, sesame/pumpkin and sunflower seeds
Superfoods to Decrease Inflammation

• Herbs and spices
  • Turmeric (curcumin), capsicum, ginger, garlic, onions, dill, rosemary

• BE aware of food allergies!

• Typical food allergies are:
  • Peanuts, gluten (wheat protein), corn, soy, citrus
Superfoods to Decrease Inflammation

• AVOID ‘bad fats’ such as:
  • Arachidonic acid (meat and dairy)
• Some high intake omega 6 fatty acids are:
  • Corn, cottonseed, grapeseed, peanut oil, soybean oil, margarine, fried foods
  • Hydrogenated oils (any product with long shelf life)

READ YOUR FOOD LABELS!
Superfoods to Decrease Inflammation

• GOOD fats are:
  • Coconut oil (medium-chain fatty acid)
  • Olive oil, extra virgin, cold-pressed
  • Grass-fed butter
  • Salmon, Alaskan, wild caught
  • Nuts and seeds (1/4 cup each day)
Superfoods to Decrease Inflammation

• Sugar:
  • Sugar is detrimental to the body, period.

• Better choices:
  • Stevia, honey, agave syrup, organic maple syrup (Grade B)
Remedies

I use various protocols for my patients

• Anti-microbials (to deal with bacteria)
  • Hydrosol silver, oregano products, olive leaf products, Salt/C, Berberine, garlic, cinnamon, Oregon grape root, Cat’s claw, or essential oils

• Anti-viral
  • Oregano, olive leaf, garlic, astragulus, St. John’s wort, sambucus, ginger, essential oils, goldenseal, turmeric (curcumin), reishi mushrooms

• Additional support: Immune- transfer factors, curcumin acupuncture, massage, baths, etc.
Reference for a LLMD, Lyme literate medical doctor

- Global Lyme Alliance Org
- Website: globallymealliance.org
- E-mail them and they will provide LLMDs in your area
Recommended Readings

• BetterHealthGuy.com, Scott Forsgren
• All books by Stephen Harrod Buhner, especially “Healing Lyme”
• All books by Connie Strasheim, (Insights into Lyme Disease Treatment)
• ILADS, International Lyme and Associated Diseases Society guidelines
• Website groups, www.lymestrategies.com and www.lymeandrife.com
Sources and Citations


- cdc.gov/lyme/stats/graphs.html


- “Inflammation, The Silent Killer”, You Tube lecture, Dr Michael Murray


This is my office at
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Suite 101
Red Bank, NJ
732 933 4011

- It is a LEED building meaning that it is environmentally conscious
- “US Green Building”