Best Supplements To Kill Lyme and Everything Else You Ever Wanted To Know About Lyme Disease

Lyme disease is grossly under-reported in the United States. Lyme cases have more than doubled since the 1990s. The number of counties that are now deemed high-risk for Lyme has increased by more than 320 percent. About 329,000 cases of Lyme disease occur every year according to the latest researcher from the U.S. Centers for Disease Control and Prevention.

Lyme disease is the fastest growing infectious diseases in the US and in Western Europe. Public funding for this disease is still far below that of less common illnesses, receiving less than 2% of public funding for West Nile and 0.2% of funding for HIV/AIDS even though Lyme effects for more people, but fortunately, awareness is rapidly evolving.

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Lyme Disease 101

Infected ticks have been verified in 42 of 58 counties in California. The primary carrier on the West Coast is the Western black-legged tick, and it's preferred host is the grey squirrel. On the East Coast the Eastern Black-legged tick is the principal carrier. This tick prefers the white-footed mouse.

Climate change seems to be giving this disease an advantage by helping ticks reproduce, and helping them live in more parts of the US. Ticks can't survive in very cold climates. We are experiencing warmer winters, and ticks are able to live further and further north. The warmer temperatures also increase the growth rate of ticks. Some researchers estimate that global warming has increased tick reproduction by up to two times in the US, and up to five times in Canada.

Lyme disease is named after where it was first discovered,

which was in Connecticut in a town called Lyme. In the 1960s and 1970s, with a population of 12,000 living in Old Lyme, Lyme, and East Haddam, 39 children were diagnosed with juvenile rheumatoid arthritis and 12 adults were diagnosed with arthritis that was said to be from an unknown cause.

In 1975, frustrated by the lack of answers from their medical community, two mothers started gathering information from residents and then relayed that information to the Connecticut State Department of Health and the Yale School of Medicine. The researchers were able to identify the disease and recognize its symptoms, nobody knew what the cause was until the early 80. We owe the discovery to Willy Burgdorfer, a scientist who was studying Rocky Mountain Spotted Fever. He discovered the tick connection and the bacterium, Borrelia burgdorferi, which is named after him.

Many still attribute its transmission only to ticks, but a growing number of researchers including one of the leading authorities on Lyme disease, Dr. Dietrich Klinghardt, believes that the bacteria can be spread by other biting or blood-sucking insects, including mosquitoes, fleas, spiders, and mites. We now know that dogs and cats can get infected too.

Is Lyme Contagious?

Numorous reports indicate that Lyme-causing bacteria appears to be passed down gestationally. A new study published in the *Journal of Investigative Medicine* suggests that Lyme disease may also be sexually transmitted.

> *"Our findings will change the way Lyme disease is viewed by doctors and patients. It explains why the disease is more common than one would think if only ticks were involved in transmission." – Marianne Middelveen, lead author of the study*

Borrelia burgdorferi

Borrelia burgdorferi is a bacterial species of the spirochete class of the genus *Borrelia.* These spirochetes infect many vertebrate animals including small mammals, lizards, and birds. Ticks most frequently acquire spirochetes from infected rodents during their larval feeding.



An electron micrograph of Borrelia burgdorferi, the bacterium that causes Lyme disease. The bacterium is transferred to humans by the bite of the deer tick.

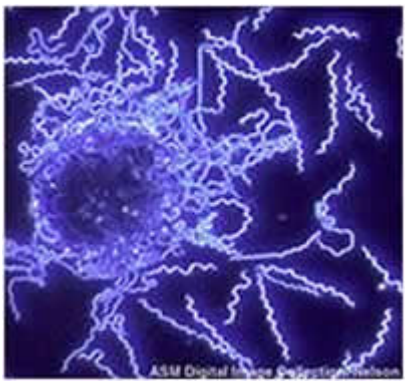
Spirochetes and known for their unique corkscrew shape and the way they move in a corkscrew type of motion. They are very slow to replicate and they survive without iron, which is very rare for bacteria. Instead, they use manganese for their survival. Unlike most disease-causing bacteria and fungi, it is believed that *Borrelia burgdorferi* does not emit a toxin. But the bacteria do seem to have a direct interaction with the cell tissues it infects.

Animal studies have shown that the bacteria can be found in low numbers in many tissues and organs including the skin, joints, heart, brain, urinary tract, and more. Aside from the initial infection, *Borrelia* does not seem to circulate in the blood.

Borrelia burgdorferi, with its corkscrew shape, bores deep

into tissues and cartilage (including the brain and nervous system). This leaves the bacteria out of reach of most antibiotics. This bacteria can also mutate out of its corkscrew shape to a form that is able to live inside our cells (“intracellular”), once again leaving hard to kill with antibiotics. Borrelia burgdorferi and other spirochete bacteria form dormant cysts inside the body that block antibiotic activity, and the higher the dosage of antibiotics, the more resistant it becomes.

As if that wasn’t enough, Lyme disease is usually accompanied and aided by co-infections of other stealth microbes that also live inside our cells as well.



Symptoms of Lyme Disease

- Rashes
- Fatigue
- Joint pain
- Flu-like symptoms
- Sleep disturbances
- Cognitive decline
- Vision changes
- Other neurological problems
- Skin outbreaks
- Heart problems
- Mood changes
- Pain

Check out this full list of symptoms provided by Joseph

Burrascano, MD

Most people who have been diagnosed with Lyme, including those who test positive, never recall being bitten, or show the telltale bullseye rash.

Testing For Lyme

Current diagnostics miss up to 60% of acute cases. This is what's so infuriating for those trying to figure out what's going on with their bodies: Testing for Lyme is inaccurate, but especially so in the beginning. By the time the tests are likely to show positive for someone with Lyme, antibiotic treatments are typically no longer effective. In other words, people would go to their doctor and ask if they have Lyme, the doctors would say how rare it is (fortunately doctors are getting much better about this lately), but would reluctantly perform the tests, only to find no trace of Lyme. So the person would assume some other autoimmune disease while the Lyme slowly proliferates. Then the person would eventually seek another opinion, get another round of tests, and maybe (but often not) find out they do in fact have Lyme. Or, they often find out that one can have Lyme and still test negative indefinitely, but at this stage, the person is showing enough symptoms that the new more knowledgeable doctor can easily conclude that it's Lyme.

But now the antibiotics will no longer be effective. It's too late. Many people try anyways, wrecking their immune system in the process.

I suspect that often times a heavy round of antibiotics works to kill the bacteria, but the body is left so badly damaged that new infection (often Candida being the first) takes over, and all of the symptoms remain.

Borrelia does not seem to circulate in the blood. This is the main reason it is so difficult to detect. The bacteria also

have a very slow replication rate, so the number of bacteria found in a host remains small, at least for a long time.

There are multiple tests for Lyme. The CDC recommends screening with the ELISA test and then confirming the results with the Western blot test. As mentioned, these tests are completely unreliable during the first 4-6 weeks of infection. The tests only measure the patient's antibody response to the infection, not the presence of the bacteria itself.

> *Lyme disease is notoriously difficult to diagnose using conventional tests. And there's great variation in the presentation of the disease as well, depending on where you contracted it, and whether or not you have any other coexisting infections. There is a group of seven or eight microbes that are the most common. The worst ones are Babesia microti and the different forms of Bartonella.*
>
> *It is said that an initial course of antibiotics given in stage one cures the disease most of the time, but why not all the time? Is the course of antibiotics too short? Should more be given? Should they be given long term, especially for those who have stage 3 symptoms? What if blood tests no longer show spirochetes? If the antibiotics don't work, the patient now has to combat Lyme with a very depleted immune system." – Dr. Dietrich Klinghardt, MD, PhD*

Why Antibiotics May Not Work for Lyme Disease

These days, early treatment is typically successful, according to the latest science, but most patients go undiagnosed for years. At least 20% of those who are said to be successfully treated for Lyme will experience the same symptoms after treatment, which as mentioned, can easily be attributed to a depleted immune system leading to Candida overgrowth or other fungal pathogens, opening the door for many other infections

as well.

Antibiotic resistance occurs at a high rate with spirochete bacteria. Borrelia (and also its co-infections), will respond slowly to antibiotics. They will develop resistance. The bacteria that survive antibiotics can become completely antibiotic resistant. This is why doctors are starting to use multiple antibiotics at once seems, and this does lead to better chance of defeating Lyme, and depleting the immune system. If the medication fails, the bacteria that have survived will not only become resistant, but it will also become much more entrenched in the host.

The Lyme Timeline

Phase One – 3 to 30 Days

Also called early localized infection

Some say less than 50%, others say up to 70-75% develop the bullseye rash, starting at the site of the tick bite. It is not itchy or painful but they are usually warm to the touch. Sometimes flu-like symptoms develop soon after, including fever, chills, swollen lymph glands, headaches, muscle pain, and joint pain.

Phase Two – Days to Weeks After Bite

Also called early disseminated infection

- Rash spreads
- Large joints may become swollen and painful
- Stiff neck in some cases
- Meningitis may develop
- Dizziness
- Heart palpitations

Phase Three – Later Months to Years

Also called late disseminated infection

Many infectious disease specialists believe that “chronic Lyme disease” does not exist, and that Lyme disease from a tick bite can be cured with a short course of antibiotics. It is possible that those who have undergone antibiotic treatments are suffering from the side effects of antibiotics, but more and more experts are coming around to the idea that Lyme disease can survive and cause long-term autoimmune symptoms when antibiotics don’t work. We all know (or at least, we all should know) that antibiotics do not always work and can cause more problems.

- Arthritis symptoms – swollen, painful joints (fluid-filled joints)
- Neurological symptoms – numbness, tingling, shooting pains
- Cognitive symptoms – brain fog, short-term memory deficits, confusion
- Mood disturbance – depression
- Fatigue
- Abnormal heart rhythms and heart failure

Facial paralysis sometimes occurs in this stage or stage two.

Scary Lyme Facts You Should Know

How does Lyme make us sick, and why is it so damn resilient?!?!

- Spiders, mosquitoes, fleas, and mites may also be spreading the same or similar bacterial infections.
- Tests are unreliable because they measure the patient’s antibody response to the infection, not the bacteria itself.
- There’s great variation in the presentation of the

disease, depending on where it’s contracted, and whether there are other coexisting infections. At least eight other microbes make up the most common co-infections., including Babesia microti and different forms of Bartonella.

- Borrelia burgdorferi, the bacteria that causes Lyme disease, has a corkscrew shape that allows it to bore deep into tissues and cartilage (including the brain and nervous system), safely out of reach of most antibiotics.
- Borrelia burgdorferi can give up its corkscrew shape and convert to a form that is able to live inside cells (“intracellular”) where again, antibiotics have less reach.
- Borrelia burgdorferi, along with other similar microbes, can form dormant cysts that are completely resistant to antibiotics; the harder you hit it, the more resistant it becomes.
- Most ticks carry multiple disease-causing pathogens called co-infections. Borrelia burgdorferi is usually accompanied and aided by co-infections of other stealth microbes.
- Lyme disease has been reported in all 50 states.
- Lyme disease has been found on every continent except Antarctica.
- Ticks carrying Lyme can be smaller than the period at the end of this sentence.
- Many, perhaps most, do not get the bull’s eye rash. Some develop flu-like symptoms a week or so after becoming infected, however, many people are asymptomatic but can develop Lyme symptoms months, years or decades later.
- It is called the great imitator; looking like many other health problems (Fibromyalgia, Arthritis, Chronic Fatigue Syndrome, Bells Palsy, ADD, MS, and Lupus).
- People with other chronic disease are much more susceptible to Lyme disease, making Lyme even more likely to go undetectedcted.

- The medical community is divided over the diagnosis and treatment guidelines.
- Health insurance still often won’t cover the treatment for Chronic Lyme disease.
- Lyme Disease transmission may be possible through intercourse, and can likely be passed down through the womb.
- There are 12 strains of Borrelia that are known to cause Lyme Disease, and standard testing only tests for one.
- Lyme Disease is more epidemic than Aids, West Nile and Avian Flu combined.
- Lyme Disease can cause more than 300 different symptoms.
- The average Lyme patient takes 2-3 years to get diagnosed correctly.
- 25% of the reported cases are children.

Lyme Disease Cofactors

Leaky Gut and Lyme

> *In response to pathogenic toxins leaking from the intestines, the immune system produces multiple inflammatory compounds: Transforming growth factor beta-1 (TGF Beta-1), Matrix metallopeptidase 9 (MMP-9), Interleukin-1 beta (IL-1β), and Plasminogen activator inhibitor-1 (PAI-1). These inflammatory compounds affect multiple systems of the body. Because of the inflammatory compounds that become elevated in people with Lyme disease or co-infections, they are at greater risk of leaky gut. In a study on Lyme disease patients, Tumor necrosis factor alpha (TNFα) and Interleukin-13 (IL-13) were found to be elevated in different phases of infection. TNFα has also been found to be elevated in Bartonella infections, mice infected with Babesia, mice receiving Rocky Mountain Spotted Fever antigens, Ehrlichia infections, and in Brucellosis patients. Both TNFα and IL-13 have a direct effect on increasing intestinal lining leakage.*

> *Unfortunately, western medicine lacks a way to accurately diagnose and to treat leaky gut syndrome.” – Plugging the Holes in Lyme Disease Leaky Gut*

I am of the opinion that a leaky gut is the root of most chronic disease. True or not, a leaky gut always exacerbates every ailment, every disease, every single health issue. You cannot cure any chronic disease without a healthy gut.

Lyme Disease and Co-infections

Ticks can carry many bacteria, viruses, fungi, and protozoans within them, and transmit these pathogens with a single bite.

> *The most common tick-borne diseases in the United States include Lyme disease, babesiosis, anaplasmosis, ehrlichiosis, relapsing fever, tularemia, Rocky Mountain spotted fever (RMSF). Diseases acquired together like this are called co-infections. Click below to learn more about specific Lyme disease co-infections. – About Lyme Disease Co-Infections*

We also borrowed their chart:

Lyme and Coinfections Chart

Coinfections	Vector	Causative Agent	Endemic Area	Symptoms
Lyme Disease (also called STARI or Masters' Disease)	Deer Tick Pacific Black-legged Tick Lone Star Tick	*Borrelia burgdorferi* *Borrelia lonestari* *Other Borrelia?*	Throughout US	Off season "flu" Rash (bull's-eye or other) Constitutional symptoms Musculoskeletal symptoms Wide range of neurologic symptoms, including Bell's Palsy
Babesiosis	Deer Tick Pacific Black-legged Tick	*Babesia microti WA-1* *New strain*	Northeast West Coast	Fever Hemolytic anemia Constitutional symptoms Possible death
Ehrlichiosis	Deer Tick Pacific Black-legged Tick American Dog Tick Long Star Tick	*Anaplasma phagocytophila*	Northeast Upper Midwest	Fever Headache Constitutional symptoms Possible death
Colorado Tick Fever	Rocky Mtn Wood Tick	Colorado Tick Fever virus	Western US	Fever with remission Second bout of fever
Tick-borne Relapsing Fever	Relapsing Fever Tick (*soft tick*)	*Borrelia hermsii* *Borrelia parkeri* *Borrelia turicata*	Western US	Sudden onset high fever, recurrent fevers Petechial rashes Joint and muscle aches
Q Fever	Brown Dog Tick Rocky Mtn Wood Tick Lone Star Tick	*Coxiella burnetii*	Throughout US	Acute fever Chills Sweats
Powassan Viral Encephalitis	Woodchuck Tick	Flavivirus	Eastern and Western US	Fever Meningoencephalitis 10% fatality rate 50% neurologic sequelae
Rocky Mountain Spotted Fever	American Dog Tick Rocky Mtn Wood Tick Relapsing fever Tick? (*soft ticks*)	*Rickettsia*	Throughout US	Sudden fever Maculopapular rash on soles of hands and feet that spreads over the entire body 3 to 5% fatality rate
Tick Paralysis	American Dog Tick Rocky Mtn Wood Tick Lone Star Tick	Neurotoxin excreted from tick's salivary gland	Throughout US	Fatigue Flaccid paralysis Tongue and facial paralysis Convulsions Death
Tularemia	American Dog Tick Rocky Mtn Wood Tick Lone Star Tick	*Francisella tularensis*	Throughout US	Indolent ulcers Swollen lymph nodes Deaths can occur
Bartonella	Cats Ticks Fleas	*Bartonella quintana* *Bartonella henselae*	Worldwide	Fever Mild neurologic signs Granulomatous lymphadenitis Red popular lesion

Lyme and Candida Overgrowth

Yeast overgrowth is a common concern for Lyme patients who undergo antibiotic therapy. Whether or not the Lyme or other bacterial pathogens are killed, the immune system is depleted, the body;’s beneficial bacteria is eradicated, and the body is almost guaranteed to be overrun with fungal pathogens. If one is cured of Lyme disease they will then have to rebuild their immune system (along with healthy gut flora). Most people don’t know how to do this. If they did, they most likely would not have been susceptible to Lyme in the first place. But for

those who do the Lyme treatment without successful elimination of Lyme now have to deal with a body that soon inundated with fungi.

Lyme Disease and Amalgam Fillings, Vaccines, and Other Toxic Compounds

Mercury toxicity has been linked to chronic fatigue syndrome, depression, panic attacks, insomnia, cognitive decline (Parkinson's and Alzheimer's, and more), chronic headaches including migraines, joint pain, Candida overgrowth, and much more. The body cannot fend off Lyme under such conditions. People with a history or poor diet, antibiotic use, mercury fillings, or immunizations, are extremely susceptible to Lyme disease and the many co-infections the come with it.

Supplements, Herbs Used For Killing Lyme

- **Astragalus:** A potent antimicrobial that also is anti-inflammatory, boosts the immune system, slows tumor growth, helps prevent and reverse diabetes, and more.
- **Berberine:** This plant-root alkaloid extract has confirmed potent anti-viral, antibacterial, and anti-fungal properties.
- **Black Walnut:** Studies have shown that black walnut can effectively kill canker sores, herpes, and syphilis sores. Syphilis is another spirochete bacteria.
- **Cloves:** This strong smelling spice contains some of the same compounds as oregano oil (see below). Studies have shown that cloves contain powerful antimicrobial and anti-fungal compounds.
- **Enzymes:** Hemicellulase, protease, and Cellulase can dissolve Biofilms (which Lyme often resides in and procreates within) and *Lyme* Cysts (which, as stated above, shield the bacteria from intrusion). More on

enzymes.

- **Garlic:** Allicin, a compound in garlic, has antifungal, antibacterial and antiviral properties, and garlic helps strengthen the immune system in other ways too. Read more about garlic.
- **Goldenseal:** A popular herb that has been used by Native Americans for hundreds of years, with potent antibacterial properties.
- **Goldenrod:** Goldenrod is antibacterial, antifungal, diuretic, diaphoretic, anti-inflammatory, expectorant, astringent, antiseptic, and carminative.
- **Mushrooms:** Many mushrooms produce powerful antibacterial factors. The reishi mushroom is well known throughout the world for its plethora of health benefits, including powerful antimicrobial properties, but there are many other mushrooms that help as well.
- **Neem:** This plant's properties include immunomodulatory, anti-inflammatory, antihyperglycaemic, antiulcer, antimalarial, antifungal, antibacterial, antioxidant, antimutagenic and anticarcinogenic.
- **Oil of Oregano:** This extract is very well known for its ability to kill off pathogenic activity, and there are plenty of studies that demonstrate its efficacy.
- **Pau D'Arco:** Also known as Lapacho, this supplement has received worldwide attention in recent years due to the numerous studies proving its amazing health benefits including the ability to kill antibiotic-resistant bacteria and difficult fungal infections like Candida.
- **Turmeric:** Turmeric is potent antimicrobial herb with proven antifungal properties and a host of other amazing health benefits. Check out *How to Optimize Curcumin*.
- **Wormwood:** This is a potent antimicrobial's active ingredient is Artemisia, and it is better known the world over for its ability to kill parasites.

The Lyme Protocol That Works

I'll bet someone is going to ask why I don't mention colloidal silver. I don't think it's good for you, I've never found it particularly helpful, and I just don't trust it. But to each their own; you can find tons of very intelligent naturopaths who are much more educated than I am who will vehemently disagree with me on colloidal silver. And, the key to killing off Lyme with supplements, like with antibiotics, you need to use more than one. You've got to attack from every angle you can or else they build up immunity. The good news is that natural remedies affords many more options with fewer if any side effects and in my experience (when done right), a much better success rate. Like, 100%.

Now here's the bad news. Actually, it's not bad news, but it sure sounds like it to most people at first. You may not be able to kill the Lyme any time soon. I recommend a plethora of supplements with differing properties to attack any and all pathogenic bacteria, but you will never eradicate systemic pathogenic disease completely with supplements alone. And even with a perfect diet and all the best supplements, it takes time! A few of these Lyme-bacteria bastards, and other pathogens, will survive anything and everything you do to it at first. Don't think that just because you are symptom free that your body has rid itself of all virulent infection. It doesn't work that way.

The protocol calls for a phase of antimicrobials, but the foundation of the program is the diet. It's the most important aspect of the program. Nobody gets well without eating right. At best, you'll trade one disease for another if you skimp on the diet. Heal the gut, eat right, rebuild the body, and after a round of antimicrobial bombardment you rebuild the beneficial bacteria and let your immune system slowly finish off the survivors. This means being highly disciplined with diet for six months after the last ailment is gone. Think of

it this way: Once you feel well, if you're eating perfectly, it'll take another six months to completely finish off the disease. A glass of wine or some refined sugar consumed before then could cause a resurgence.

In my experience, every single person who has Lyme disease has gut issues. I don't believe that Lyme disease causes the gut issues, though it can exacerbate them. I contend that anyone who is susceptible to Lyme had a depleted immune system before they contracted Lyme, and virtually anyone with a depleted immune system has poor gut health. This protocol focus on gut health first and foremost. The gut is the foundation of your health. You can know how healthy someone is by the quality of microbes that reside within us.

Anti-Lyme Diet

Here are three articles I put together on diet. Most people, even those with Lyme and even worse diseases, will get completely well on this diet without supplements, but it takes a lot longer.

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*

This is indicative of how my family eats every single day.

We start off with cranberry lemonade and a huge salad every morning. For lunch, we sometimes do a smoothie or we snack on some nuts and/or fruit or we just finish our massive 11-cup salads. For those with serious gut issues, hold off on the nuts for a week or two. Anyone with lots of Candida should wait on the smoothies as well. Double up on the salads for the first week or two if you're very ill.

For dinner, we always cook from scratch, which takes preparation and time, but it gets easier, I promise. Rice and

beans, quinoa, lentils, millet, oatmeal, and amaranth are common staples for our cooked meals, but don't do the oats or millet until most of the inflammation subsides. We add lots of raw vegetables and herbs to our dinners as well, for instance, the rice and beans go great with chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits. There are some very interesting benefits to cooking many foods, but raw generally yields more benefits, so I mix it up.

This is truly a lifestyle, not just a diet, and it's one we live every day. It's also the same exact protocol I recommend for almost everyone who is sick, including anyone with Lyme. There's a lot of conflicting information on what people with Lyme should eat, but I implore you, give this a try for at least 10 days, and you'll see why. You may not need to go to this extreme to rid your body of disease, but I find that most who are dealing with chronic illness need to take it this far, at least for at least for a few months. With Lyme, it behooves you to err on the side of caution.

The salads are the most important part of this protocol. More than supplements, more than anything save getting enough water, the salads are imperative. Eat lots of it. Make sure they are diverse with at least 15 different vegetables and herbs. Read the article linked above, and make your salad recipe. If you could see what packing your gut with salad does to your ecosystem under a microscope, you'd understand why I'm so passionate about them. There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem. I cannot stress this enough – BIG DIVERSE SALADS!!! Mine are 9-11 cups a day. Throw on some beans or meat or eggs, whatever it takes to get them down, but get them down. If you can't digest salads, get

to where you can. I can’t digest McDonald’s. I don’t have the ecosystem in my gut to do that. If you can’t digest salads properly, you don’t have the right ecosystem for them. You need to build the right gut bacteria. How? Salads, that’s how. Eat salads!

Did I mention how important salads are? Ok, moving on.

The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of pathogens are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant 3rd. The recipe for cranberry lemonade resides within the first link above where the salad recipe is.

For those with very serious gut issues, legumes and grains may be a no-no for the first two to three weeks, but when enough salad has been consumed, the gut should be able to reap many benefits from many other foods including cooked foods like the dinner meals aforementioned.

Sweet fruit should be severely limited, and for the very ill, avoided until the gut is working better. Grapefruit, tomatoes, cranberry, avocado, lime, and lemon do not fall under this category.

Juicing with fruits is not much better than refined sugar, so don’t make the common mistake of thinking a fresh-juice fast is going to get you well. Same goes for carrot and beet juice. If you want to juice with a little sweetness, that’s fine, but add lots of cinnamon, ginger, and turmeric, tot he point at which it’s really not sweet anymore.

For anyone on a tight budget I recommend putting the money to food, and if affordable, add Abzorb and SF722. That’s enough with the right diet to fix the gut in almost everyone. More of the right kind of supplements speed thing up radically, but they’re usually not neccessary if you have access to good food.

Phase 1 – Antimicrobials, Kill the Bad Guys For One Month (in order of most to least important):

- MicroDefense – Pure Encapsulations
- Berberine 500mg – Thorne Research
- Undecyn by Thorne Research
- Oil of Oregano – Gaia Herbs
- Gastro-Cleanse w/Psyllium by Allergy Research Group
- Wormwood/Black Walnut Supreme – Gaia Herbs
- Shillington's Blood Detox Formula
- MycoCeutics MycoPhyto Complex – EcoNugenics
- Pau d'Arco
- Astragalus Supreme – Gaia Herbs
- Fibrenza Systemic Enzyme – HCP Formulas
- Curcumin 500 with Bioperine® – Pure Encapsulations

Use your own judgment to an extent regarding what to take and how much. If you get every single one, you should be ok to take each and every one as directed (except the Blood Detox, take one to two full droppers by mouth one to three times a day as needed, preferably on an empty stomach, the label has the wrong instructions, it's a long story), but for smaller people this may be a bit too much. On the other hand, if you get fewer supplements or are on the larger size, you would likely do better with upping the dosages a little. The more you spread out the dosages throughout the day, the more effective they will be. Green Lifestyle Market sells all of the supplements mentioned and offers a return guarantee, so if something doesn't work for you, you can exchange or get a refund. Experiment. These are supplements, they're not going to kill you, no matter what big-pharma would like you to believe. I did this protocol myself for three weeks, and I recommend 3-4 weeks for anyone with Lyme. I just took all of them with each meal, as some can cause an upset stomach if empty.

Some of them say to take with food, and some say to take on an empty stomach. I like taking antimicrobials with salad and other healthy meals, especially when taking a lot. But again, use your own judgement, see what works best.

If you need an additional immune system bost, for instance, if you're regularly coming down with colds and flu or have sinus issues, consider these additions below. You shouldn't need them if you get at least a few of the ones above, but if you like to go overkill like me, here you go:

- Micro Liposomal C • 4oz – Allergy Research Group
- Mother Earth Organic Root Cider – Barrier Island Organics
- Shillington's Echinacea Plus

If you have trouble digesting food, take abzorb with your meals. This will also help break down the supplements for easier assimilation.

If the die-off is a problem, and anytime you kill lots of pathogens there is an influx of toxins the body has to deal with. The aforementioned cranberry lemonade and salads help to mitigate this, but Gastro-Cleanse with the activated charcoal can also help.

If defecation is slow or infrequent, salads should fix this, but some people need more help. Shillington's Intestinal Cleanse will move the poop. It is imperative that bodily elimination functions are working properly. Obviously, stuck bowels are really bad news for anyone needing to detoxify.

Phase 2 – Stay Clean and Populate with Good Guys:

If you've been dealing with chronic illness for a long time, for phase two, I recommend reading and following *Best Supplements To Kill Candida and Everything Else You Ever*

Wanted To Know About Fungal Infections.

If you're not very poor health, I recommend spending the following 5-6 months taking the following every day as directed:

- Abzorb and/or a stronger Probiotic
- MycoPhyto Complex (mushroom complex)
- SF722 (kills all things fungal)

Protocol Example

6am

Take an Abzorb, or other probiotic, and the Blood Detox, and the MycoPhyto Complex, and any other supplements that say to be taken on an empty stomach.

9am

Salad time!

The MycoPhyto Complex company recommends to take on an empty stomach, but I like it with salads and smoothies too.

Take Abzorb if digestion is difficult, or if you just want to maximize nutrient assimilation.

Take all other antimicrobials with the salad as well (like the MicroDefense, Berberine, Undecyn, Oil of Oregano, Gastro-Cleanse, etc. with the salad.

12pm

Homemade Smoothie Time! If you're extremely ill you may need to wait on the smoothies and just double up on the salads for the first week, but I've found that many people who were suffering from a plethora of ailments and having trouble recovering responded very well to pineapple smoothies. Pineapple smoothies (made with fresh pineapple), like the ones

I have recipes for in the above link, pack a massive amount of enzymes and can help break down a lot of junk in the gut, while delivering large amounts of nutrition. But, smoothies have plenty of sugar, so be sure to repeat the antimicrobial supplements from 9am.

Use pineapple, coconut water, water, cranberry juice, or if you can withstand some sugar try granny smith apple juice, but don't use sweet fruit juices for smoothies. See the recipes.

6pm

Dinner time! Everything from scratch, nothing pre-made in any way, all whole food ingredients. It's also time for another round of antimicrobials.

9pm

Finish off the night with an Abzorb, or other probiotic, and the Blood Detox, and the MycoPhyto Complex, and any other supplements that say to be taken on an empty stomach.

Three More Supplements to Consider – Lyme Die-0ff, Heavy metal Detox, & Bowel Movements

If Candida die-off is a concern be sure to drink plenty of cranberry lemonade and I also recommend adding Total Nutrition Formula and the Intestinal Detox. Here's a recipe to make your own Total Nutrition. With these two formulas, you'll get bentonite clay, charcoal, chlorella, spirulina, and more, which are all great for mitigating the die-off effects of a and they also chelate heavy metals.

You can take the Total Nutrition Formula with the smoothie or sprinkle it on the salad (or choke it down with water), and take the Intestinal Detox anytime throughout the day as directed.

Conclusion

You can get well. Any doctor who tells you different is trying to sell you a lifetime of treatment. It takes a lot of work. It's worth it. In the end, you'll be healthier for having had Lyme. And if you're not sure if you actually have Lyme, it really doesn't matter. A truly holistic protocol, like this, will address and remedy any pathogenic chronic health ailment, given enough time and attention.

Recommended:

- *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*
- *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*
- *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*
- *How to Detox From Plastics and Other Endocrine Disruptors*
- *How to Detoxify and Heal the Lymphatic System*

Sources:

1. *The Lyme Wars* – The New Yorker
2. *UK's new Lyme guideline brings both positives and negatives* – Lyme Disease.org
3. *BORRELIA BURGDORFERI* – Bay Area Lyme
4. *Lyme disease is vastly under-reported, CDC says* – CBS News
5. *About Lyme Disease Co-Infections* – Lyme Disease.org
6. *Lyme Disease* – CDC
7. *Lyme Disease* – Mayo Clinic