

**LYME DISEASE –  
THE GREATEST  
IMITATOR**

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## Introduction

I have graduated as a medical doctor from Medical Academy, Sofia, Bulgaria in 1992 and as well as a homeopath from London College of Classical Homeopathy, Sofia, Bulgaria in 1995.

I have been practicing holistic medicine for more than 20 years.

I have been lecturing and consulting in iridology, homeopathy, metabolic typing, 16 point diagnostic method, weight loss, chronic diseases, anti ageing, infertility and sexual health, integrative treatment of cancer, quantum leap bodywork, personal, career and sports guidance.

I have not been aware of the impact of Lyme disease on the world's population and South Africa despite all my qualifications till 2008.

It has never crossed my mind to test for Lyme disease. Even when I have tested for it I was not concerned when the IgG was positive and IgM was negative. I thought that the patient had it in the past, produced antibodies, got over it and built an immunity. I have never realized that I was completely wrong!

This microorganism did not have any similarity with any other bacterium except *Treponema pallidum* that causes syphilis.

My research was inspired by a patient of mine.

She has had severe headaches for 4 years. They did not respond to any treatment. She was treated symptomatically with painkillers, anti-inflammatories and psychotropic drugs to no avail. She did a test for Lyme disease that came positive together with other co-infections. She has started an antibiotic treatment that helped but the headaches did not subside. Only when she started with a resonator 90 min a day the headaches went away. That was an essential part of holistic treatment protocol for Lyme disease. I have started my own research since then. I realized that Lyme disease is one of the largest pandemics on the planet. It is often undiagnosed or misdiagnosed by doctors and holistic practitioners. It has not been researched enough.

I have found that me and my wife we both have chronic Lyme disease.

That was a great inspiration for me to create the best holistic treatment protocol. I have prescribed it to many patients with a great success.

More than 90% of doctors and pathologists in RSA still believe that Lyme disease does not exist here. Even when the blood results come positive most doctors ignore them or do not take them seriously. All vets in RSA are very aware of Lyme epidemic amongst animals.

The situation is very similar in US and Canada.

I have tested routinely almost every single patient of mine for the last 3 years. I found that borrelia WB (Western Blot) was the most reliable blood

test for diagnosing acute and chronic Lyme disease. ELISA and PCR were not sensitive enough. They were false negative many times in chronic cases so I left them. I have been diagnosing average of 5-6 cases per week. More than 95% of them were chronic.

I have re-called many previous patients to be tested for this condition. Their symptoms have never responded to any conventional or holistic treatment. Most of them proved to have chronic Lyme disease. Once they have started the holistic treatment protocol significant improvement took place within 2-4 weeks.

I have done workshops on Lyme disease but there is still not enough interest in medical doctors, labs and holistic practitioners.

The main problem is unawareness of the impact of this condition in RSA.

I hope that this information will bring awareness amongst health practitioners, labs and patients.

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### **Microorganisms and terrain**

Microorganisms have existed before the mankind. They have always interacted with humans in positive (gut/vaginal friendly flora) or negative (viral, bacterial, fungal and parasitic infections) way.

Each person has a different combination of primitive forms of microorganisms inherited from the parents at the time of conception.

The term “terrain” was used first by French physiologist Claude Bernard in 19<sup>th</sup> century. It reflects the body’s internal environment.

Dr Gunther Enderlein has done an extensive research in the geneology of bacteria but his theory of pleomorphism was not accepted by medical doctors. Pasteur’s theory of monomorphism has been accepted instead. Microbiology ignored the findings of Enderlein, live blood analysis and dark/bright field microscopy.

The terrain of the body is fundamentally an aqueous medium made from the blood, lymph, intra- and extra-cellular water.

The primitive forms do not transform into active forms if the body is well oxygenated, well hydrated, well nourished, alkaline and non toxic.

The balance is kept with metabolic type eating plan, supplements, regular detoxification, exercise, rest and drinking pure, structured, magnetized water.

The primitive forms become pathogenic when the body is under oxygenated, dehydrated, malnourished, acidic and toxic due to stressful lifestyle, eating junk foods, taking wrong supplements, lack of regular detoxification, lack of exercise, inadequate rest, drinking tap water, prescription/recreational drugs, heavy metal poisoning, etc.

Destroying bacteria with antibiotics does not change the terrain. On the opposite it makes it more acidic, under oxygenated and toxic.

The unbalanced terrain ensures continuous overgrowth of bacteria and fungi. Unless a healthy lifestyle is followed no bacterial infection can be cured completely.

## **Spirochetes**

Spirochetes are spiral – shaped, very infectious, intracellular bacteria widely spread on the planet.

There are 3 main types:

1. *Treponema pallidum* – causes syphilis
2. *Borrelia burgdorferi* – causes Lyme disease
3. *Leptospira* – causes cane field fever

### ***Borrelia burgdorferi* and Lyme disease**

*Borrelia burgdorferi* is Gram negative, anaerobic (lives in poorly oxygenated medium), pleomorphic (changes into different forms), spiral – shaped (like a corkscrew), intracellular (lives inside the cell) bacterium with more than 12 months life cycle and more than 300 strains.

It causes Lyme disease (borreliosis).

Lyme disease is multi-systemic inflammatory disease.

If left untreated it can be devastating.

It was first described by Dr Alfred Buchwald in 1883.

It was re-discovered again by other physicians in 1909, 1922, 1941 and 1975.

It was named after Dr Willy Burgdorfer.

It has developed exceptional survival mechanisms.

The bacterium can duplicate itself rapidly and can hide from the body's immune system by mimicking healthy cells.

**IT IS ONE OF THE FASTEST GROWING INFECTIOUS DISEASES IN THE WORLD!**

**MORE THAN A BILLION PEOPLE ARE INFECTED!**

**MAJORITY OF THEM ARE MISDIAGNOSED OR UNDIAGNOSED!**

I HAVE BEEN DISCOVERING 5-6 NEW CASES A WEEK IN THE  
LAST 3 YEARS!  
MORE THAN 95% OF THEM WERE CHRONIC!

### **Transmission and distribution**

This microorganism is transmitted by **ticks, spiders, mosquitos, fleas, lice, mites, rodents, birds, horses, cats, dogs, semen, urine, blood, tears, sweat, spinal fluid, through the placenta, breast milk, touch, food, water, air, dust, drinking from cans, etc.**

**No blood bank in the world tests for Lyme disease!**

**Blood contaminated with any form of Borrelia burgdorferi is not suitable for a blood transfusion!!!**

**Avoid blood transfusions by all means!**

**Rather donate your own blood before an operation or request an artificial blood if necessary or in case of emergency.**

**A person does not need to be bitten in order to be infected!**

The spirochete can survive and spread without having a cell wall!

It invades B lymphocytes.

It changes forms to elude immune system or antibiotics.

When it is in a cyst, granule or bio film form it becomes extremely difficult to destroy!

### **Main forms**

Borrelia exists in 3 main forms:

1. **Spirochete** – very mobile, penetrates dense tissues and bones, rapidly converts to CWD (Cell Wall Deficient) form and cyst when threatened by antibiotics, the only officially recognized form by doctors and labs, frequency treatment is highly successful
2. **CWD form** – converts vitamin D to immunosuppressive hormone, causes autoimmune diseases, clumps together in dense colonies, unreachable by immune system and antibiotics, causes many syndromes and conditions, not officially recognized by doctors and labs, more dangerous than spirochete, very difficult to treat, Marshall protocol is successful
3. **Cyst** – dormant, non mobile, asymptomatic form for many years, can survive antibiotics, starvation, pH changes, hydrogen peroxide, MMS, temperature variation, converts back to spirochete when the conditions are favorable, not officially recognized form by doctors

and labs, causes relapsing and remitting Lyme disease, combination of 5 – nitroimidazoles and frequency is highly effective

### **Additional forms**

Borrelia goes through many other pleomorphic forms (probably 10-15 variants), granules and bio films (probably 10-15 variants) to evade immune system and antibiotics.

### **Bio film formations**

Bio film formations have been identified in 2008/2009 by Dr Eva Sapi, PhD, Professor of cellular and molecular biology and colleagues from University of New Haven, Connecticut.

**Definition: Adherent polysaccharide – based matrix that allows bacteria to colonize in hostile environments.**

They usually form on surfaces and consist from bacteria, yeasts, fungi and /or protozoa that produce mucilaginous protective coating (a polysaccharide - based matrix). It protects individual bacterial cells as aggregates on biotic and abiotic surfaces.

Bio film by other microorganisms has been found to depend on the regulation of the molecule cyclic di-GMP. Attempts to map the process have been made in order to disrupt it. Recent research has discovered that Borrelia also expresses this regulatory molecule. This supports the concept of bio film formation in Lyme disease.

Bio films cause variety of chronic infections like periodontitis, chronic otitis media, endocarditis, chronic lung infection and gastrointestinal infection.

More recent research has found spirochetal colonies in the tick gut and culture.

There are no current effective conventional treatments to eradicate bio films!

Various enzyme and herbal formulae are available for breaking the bio film formations and allowing destruction of the bacteria.

### **Co – infections and mixed infections**

**Up to 90% of patients with Lyme disease have co – infections!**

The most frequent ones are: **rickettsia, coxiella, chlamydia, mycoplasma, toxoplasma, bilharzia, bartonella, ehrlichia, anaplasma, babesia, brucella and tularemia.**

**N.B. Latest research has revealed presence of mycoplasma and filarial larvae in the gut of 84% of the ticks!**

Every patient diagnosed with Lyme disease should be tested for co-infections!

There could be additional viral, bacterial, fungal and parasitic infections.

**More than 90% of Lyme patients have chronic mold infection!**

The co-infections add more symptoms and slow the healing process.

They have to be attended at the same time. The treatment might last 9-12 months or longer.

## Symptoms

1. **Early symptoms:** bull's eye rash and erythema nodosum migrans (not always present). The rash appears normally after the second bite. The immune system has been sensitized already.  
Flu like symptoms: fever, headache, fatigue, depression and swelling of armpits lymph glands.
2. **Dissemination symptoms:** mild fever, severe tiredness, persistent fatigue, severe headaches, meningitis, encephalitis, muscle and joint pains, interrupted sleep pattern, heavy feeling in the legs, pains in the feet, liver enlargement, Bell's palsy, dizziness, heart palpitations, etc.
3. **Late symptoms:** Vincent angina, motor neuron disease, Parkinson's disease, Alzheimer's disease, MS, neuritis, schizophrenia, bi polar disorder, antisocial personality, anxiety, panic attacks, anorexia, autism, Asperger's syndrome, AV block, arrhythmia, heart failure, fibromyalgia, dermatitis, lupus, scleroderma, sudden deafness, miscarriages, stillbirth, premature birth, birth defects, SIDS, chronic pain and more than 365 medical conditions.

Every person will develop different symptoms after the infection.

See the list below.

**The following 365 medical conditions are linked to Lyme disease (Borreliosis) either by cause or association. The list only includes medical conditions appearing in articles published in a medical journal. Click on the condition to view information on the article.**



## A

[Abdominal pseudo-eventration](#)

[Abdominal wall weakness](#)

[Acrodermatitis chronica atrophicans \(ACA\)](#)

[Acute Acral Ischemia](#)

[Acute conduction disorders](#)

[Acute coronary syndrome](#)

[Acute exogenous psychosis](#)

[Acute febrile illness](#)

[Acute hemiparesis](#)

[Acute ischaemic pontine stroke](#)

[Acute meningitis](#)

[Acute myelo-meningo-radiculitis](#)

[Acute myelitis](#)

[Acute pediatric monoarticular arthritis](#)

[Acute peripheral facial palsy](#)

[Acute perimyocarditis](#)

[Acute posterior multifocal placoid pigment epitheliopathy \(APMPPE\)](#)

[Acute pyogenic arthritis](#)

[Acute reversible diffuse conduction system disease](#)

[Acute septic arthritis](#)

[Acute severe encephalitis](#)

[Acute transitory auriculoventricular block](#)

[Acute transverse myelitis](#)

[Acute urinary retention](#)

[Acquired Immune Deficiency Syndrome \(AIDS\)](#)

[Algodystrophy](#)

[Allergic conditions](#)

[Allergic conjunctivitis](#)

[Alopecia](#)

[Alzheimer's Disease](#)

[Amyotrophic lateral sclerosis \(ALS - Lou Gehrig's Disease\)](#)

[Amyotrophy](#)

[Anamnesis](#)

[Anetoderma](#)

[Anorexia nervosa](#)

[Anterior optic neuropathy](#)

[Antepartum fever](#)

[Anxiety](#)

[Arrhythmia](#)

[Arthralgia](#)

[Arthritis](#)

[Asymmetrical hearing loss](#)

[Ataxic sensory neuropathy](#)

[Atraumatic spontaneous hemarthrosis](#)

[Atrioventricular block](#)

[Attention Deficit Disorder \(ADD\)](#)

[Attention Deficit Hyperactivity Disorder \(ADHD\)](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **B**

[Back pain without radiculitis](#)

[Bannwarth's Syndrome](#)

[Behcet's disease](#)

[Bell's Palsy](#)

[Benign cutaneous lymphocytoma](#)

[Benign lymphocytic infiltration \(Jessner-Kanof\)](#)

[Bilateral acute confluent disseminated choroiditis](#)

[Bilateral carpal tunnel syndrome](#)

[Bilateral facial nerve palsy](#)

[Bilateral follicular conjunctivitis](#)

[Bilateral keratitis](#)

[Bilateral papilloedema](#)

[Bilateral retrobulbar optic neuritis](#)

[Biphasic meningoencephalitis](#)

[Bipolar Disorder](#)

[Brain Tumor](#)

[Brainstem tumor](#)

[Brown recluse spider bite](#)

[Brown-Sequard syndrome](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **C**

[Cardiac apoptosis](#)  
[Cardiac Disease](#)  
[Cardiomegaly](#)  
[Cardiomyopathy](#)  
[Carditis](#)  
[Carpal tunnel syndrome](#)  
[Catatonic syndrome](#)  
[Cauda equina syndrome](#)  
[Central vestibular syndrome](#)  
[Cerebellar ataxia](#)  
[Cerebellitis](#)  
[Cerebral atrophy](#)  
[Cerebro-vascular disease](#)  
[Cervical facet syndrome](#)  
[Cheilitis granulomatosa](#)  
[Chiasmal optic neuritis](#)  
[Chorea](#)  
[Choriocapillaritis](#)  
[Chronic encephalomyelitis](#)  
[Chronic Fatigue Syndrome](#)  
[Chronic muscle weakness](#)  
[Chronic urticaria](#)  
[Cerebellar ataxia](#)  
[Cogan's syndrome](#)  
[Collagenosis](#)  
[Complete flaccid paraplegia](#)  
[Complex Regional Pain Syndrome \(CRPS\)](#)  
[Concomitant neuroretinitis](#)  
[Conduction disorder](#)  
[Conus medullaris syndrome](#)  
[Coronary aneurysm](#)  
[Cortical blindness](#)  
[Coxitis](#)  
[Cranial Neuritis](#)  
[Cranial polyneuritis](#)  
[Craniopharyngioma](#)  
[Cutaneous B-cell lymphoma](#)  
  
[Cutaneous marginal-zone B-cell lymphoma](#)

[Cutaneous marginal zone lymphoma \(SALT\)](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

**D**

[Dacryoadenitis](#)

[Dementia](#)

[Demyelinating disorders](#)

[Depression](#)

[Dermatomyositis](#)

[Diaphragmatic paralysis](#)

[Diffuse fasciitis](#)

[Dilated cardiomyopathy](#)

[Diplopia](#)

[Discopathy](#)

[Disseminated choroiditis](#)

[Dorsal epiduritis](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

**E**

[Encephalitis](#)

[Encephalomyelitis](#)

[Encephalopathy](#)

[Endogenous paranoid-hallucinatory syndrome](#)

[Eosinophilia](#)

[Eosinophilic fasciitis \(Shulman syndrome\)](#)

[Epilepsy](#)

[Epileptic crises](#)

[Episcleritis](#)

[Epstein Barr](#)

[Erythema chronicum migrans](#)

[Exanthema \(local and generalized\)](#)

[Extrapyramidal disorders](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

## **F**

[Facial diplegia](#)

[Fascicular tachycardia](#)

[Fatal adult respiratory distress syndrome](#)

[Fetal death](#)

[Fever](#)

[Fibromyalgia](#)

[Fibrositis](#)

[Focal nodular myositis](#)

[Frontotemporal atrophy](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
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## **G**

[Generalised motor neuron disease](#)

[Geniculate neuralgia](#)

[Giant cell arteritis](#)

[Gonarthrits](#)

[Granuloma annulare](#)

[Guillain-Barré Syndrome](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

## **H**

[HLA-B27 negative sacroiliitis](#)

[Hallucinations \(Painful\)](#)

[Headaches \(severe\)](#)

[Hearing loss](#)

[Heart block](#)

[Hemiparesis](#)

[Hemophagocytic syndrome](#)

[Hepatic disorders](#)

[Hepatitis](#)

[Herniated discs](#)

[Holmes-Adie syndrome](#)

[Horner's syndrome](#)

[Human necrotizing splenitis](#)

[Hydrocephalus](#)

[Hyperacusis](#)

[Hyperbilirubinemia](#)

[Hypothyroidism](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **I**

[Idiopathic atrophoderma of Pasini and Pierini \(IAPP\)](#)

[Idiopathic facial paralysis](#)

[Infarction pain](#)

[Impaired Brainstem response](#)

[Infantile sclero-atrophic lichen](#)

[Infectious Mononucleosis](#)

[Infiltrating lymphadenosis benigna cutis](#)

[Inflammatory cerebrospinal fluid syndrome](#)

[Inflammatory choroidal neovascular membrane \(CNVM\)](#)

[Influenza](#)

[Internuclear ophthalmoplegia](#)

[Interstitial granulomatous dermatitis](#)

[Intracerebral haemorrhage](#)

[Intracranial aneurysm](#)

[Intracranial hypertension](#)

[Intracranial mass lesions](#)

[Intrauterine growth retardation](#)

[Iritis](#)

[Irritable Bowel Syndrome](#)

[Isolated acute myocarditis](#)

[Isolated lymphadenopathy](#)

[Isolated neuritis of the sciatic nerve](#)

[Isolated oculomotor nerve paralysis](#)

[Isolated posterior cord syndrome](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **J**

[Jaundice](#)

[Juvenile Rheumatoid Arthritis](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **K**

[Keratitis](#)

[Keratoconus](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **L**

[Leber's hereditary optic neuropathy](#)

[Left sided sudden hemiparesis](#)

[Leukemic meningeosis](#)

[Lichen sclerosus](#)

[Livedo racemosa](#)

[Lofgren's syndrome](#)

[lumboabdominal pain](#)

[Lupus](#)

[Lymphadenosis benigna cutis](#)

[Lymphocytoma cutis](#)

[Lymphoma](#)

[Lymphocytic meningitis](#)

[Lumbaradicular syndrome](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## M

[Madness](#)

[Melkersson-Rosenthal syndrome](#)

[Memory impairment](#)

[Meningeal lymphoma](#)

[Meningitis](#)

[Meningoencephalomyelitis](#)

[Meningoencephalomyeloradiculoneuritis](#)

[Meningopapillitis](#)

[Meningoradiculitis](#)

[Mesangioproliferative IgA-nephritis](#)

[Migraines](#)

[Mono-arthritis](#)

[Monolateral chorioretinitis](#)

[Morgagni-Adams-Stokes syndrome \(MAS\)](#)

[Morning glory syndrome](#)

[Morphea](#)

[Motor neuron syndrome](#)

[Motoric disturbances](#)

[Multiple mononeuropathy](#)

[Multiple mononeuropathy and inflammatory syndrome](#)

[Multiple Sclerosis](#)

[Musical hallucinations](#)

[Myelopathy](#)

[Myofascial pain syndrome](#)

[Myositis](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [TOP](#)

## N

[Necrotizing granulomatous hepatitis](#)

[Neonatal respiratory distress](#)

[Neuromyotonia](#)

[Nodular panniculitis](#)

[Normal-pressure hydrocephalus \(NPH\)](#)



[Oculomotor paralysis](#)

[Oligoarthritis](#)

[Opsoclonus-myoclonus syndrome](#)

[Nodular fasciitis](#)

[Non-Hodgkin's lymphoma](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) [TOP](#)

## **O**

[Obsessive-compulsive disorder](#)

[Ocular flutter](#)

[Opsoclonus-myoclonus](#)

[Optic atrophy](#)

[Optic disk edema](#)

[Orbital myositis](#)

[Organic mood syndrome](#)

[Optic nerve lesion](#)

[Otoneurological Disorders](#)

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## **P**

[Panuveitis](#)

[Papillitis](#)

[Paralysis of abdominal muscles](#)

[Paralytic strabismus](#)

[Paraneoplastic polyneuropathy](#)

[Paranoia](#)

[Parkinsonism](#)

[Parotitis](#)

[Pars plana vitrectomy](#)

[Parry-Romberg syndrome](#)

[Parsonage and Turner syndrome](#)

[Patellar tendon rupture](#)  
[Peripheral facial palsy](#)  
[Peripheral neuropathy](#)  
[Peripheral vascular disorder](#)  
[Pericarditis](#)  
[Perimyocarditis](#)  
[Persistent atrioventricular block](#)  
[Pigment epitheliitis](#)  
[Pityriasis rosea](#)  
[Pleural effusion](#)  
[Polymyalgia rheumatica](#)  
[Polyneuritis cranialis](#)  
[Polyneuropathy](#)  
[Polyradiculopathy](#)  
[Polysymptomatic autoimmune disorder](#)  
[Popliteal cyst](#)  
[Porphyria](#)  
[Posterior scleritis](#)  
[Postganglionic Horner syndrome](#)  
[Primary lymphoma of the nervous system](#)  
[Primary effusion lymphoma](#)  
[Presenile dementia](#)  
[Progressive cerebral infarction](#)  
[Progressive facial hemiatrophy \(Parry-Romberg syndrome\)](#)  
[Progressive stroke](#)  
[Progressive supranuclear paralysis](#)  
[Prolonged pyrexia](#)  
[Propriospinal myoclonus](#)  
[Pseudo-sepsis of the hip](#)  
[Pseudo tumor Cerebrae](#)  
[Pseudolymphoma](#)  
[Pseudoneoplastic weight loss](#)  
[Psychosomatic disorders](#)  
[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
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## **R**

[Radiculalgia](#)

[Radiculoneuritis](#)  
[Ramsay Hunt syndrome \(pleocytosis\)](#)  
[Raynaud's syndrome](#)  
[Recurrent paralysis](#)  
[Reflex sympathetic dystrophy](#)  
[Reiter's Syndrome](#)  
[Respiratory failure](#)  
[Restless legs syndrome](#)  
[Retinal pigment epithelium detachment](#)  
[Retinal vasculitis](#)  
[Reversible dementia](#)  
[Rheumatic Fever](#)  
[Rheumatoid Arthritis](#)  
[Rhombencephalitis](#)

[Rhombencephalomyelopathy](#)

[Ruptured Baker cysts](#)

[Ruptured synovial cysts](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
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## **S**

[Sacro-iliitis infection](#)  
[SAPHO syndrome](#)  
[Sarcoidosis](#)  
[Schizophrenia](#)  
[Schoenlein-Henoch purpura](#)  
[Scleroderma](#)  
[Secondary syphilis](#)  
[Seizure Disorders](#)  
[Sensorineural Hearing Loss](#)  
[Septal panniculitis](#)  
[Septic arthritis](#)  
[Seventh nerve paralysis](#)

[Sick sinus syndrome](#)

[Silent thalamic lesion](#)

[Somatic delusions](#)

[Spontaneous brain hemorrhage](#)

[Stevens-Johnson syndrome](#)

[Stiff-man syndrome](#)

[Still's disease](#)

[Stroke](#)

[Subacute Bacterial Endocarditis](#)

[Subacute multiple-site osteomyelitis](#)

[Subacute organic psychosyndrome](#)

[Subacute multiple-site osteomyelitis](#)

[Subacute presenile dementia](#)

[Subarachnoid hemorrhage](#)

[Sudden deafness](#)

[Sudden hemiparesis](#)

[Sudden infant death syndrome \(SIDS\)](#)

[Sudeck's atrophy](#)

[Synovitis](#)

[Syphilis](#)

[Symmetric Polyarthritis](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

**T**

[Temporal arteritis](#)

[Temporomandibular joint syndrome](#)

[Thrombocytopenic purpura](#)

[Thyroiditis](#)

[Tourette's syndrome](#)

[Transient Ischemic Attack](#)

[Transient left ventricular dysfunction](#)

[Transient synovitis](#)  
[Trigeminal Neuralgia](#)

[Trigeminal palsy](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
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**U**

[Unilateral interstitial keratitis](#)

[Unilateral papillitis](#)

[Urticaria](#)

[Uveitis](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

**V**

[Vasculitic neuropathy](#)

[Vasculitic mononeuritis multiplex](#)

[Vasculitis](#)

[Ventricular asystole](#)

[Vertigo](#)

[Vestibular neuronitis](#)

[Vitreous clouding](#)

[Vomiting \(persistent\)](#)

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) |  
[W](#) [TOP](#)

**W**

[Wegener's granulomatosis](#)

## Tests

Majority of conventional tests (ELISA, PCR) are not reliable in diagnosing Lyme disease.

They show false negative results.

The most reliable test accepted by LLMD (Lyme Literate Medical Doctors) is **borrelia WB (Western Blot)**. It shows presence of antibodies against the microorganism.

It tests for various bands.

Some of the strains might not be covered by the reagent used in RSA.

It is not 100% reliable either because of possible cross reactions with other antibodies.

It can show a small percentage of **false negative** and **false positive** results.

If **IgM** is positive there is a **recent** infection.

If **IgG** is positive there is a **chronic** infection.

If only one band is positive the result is indeterminate.

It does not exclude **active** infection.

If both are **negative** that does not exclude **active** infection.

Borrelia invades the B lymphocytes that produce antibodies. Sometimes the production of antibodies is paralyzed by a massive invasion.

**N.B. The diagnosis of chronic Lyme disease is given based on clinical symptoms and not on the blood result. This principle is accepted internationally.**

Another test developed by Dr Jo Anne Whittaker is **Quantitative Rapid Identification of Bb (Q-RIBb)**. It tests for the **active microorganism**. It is not available in RSA yet.

It is advisable that all patients with suspected Lyme disease undergo meridian tests like **B.E.S.T., Voll, SCIO, e-Lybra 8 and live blood analysis with dark/bright field microscopy.**

**If all blood tests are negative and meridian tests show presence of borrelia and other co-infections ignore the blood results and follow the treatment protocol.**

**Re-test few weeks or months later. Often the result is positive.**

**Borrelia hides itself in the tissues. It mimics healthy cells. That is why the immune system can not recognize it and antibodies might not be present.**

**Patients with chronic candidiasis and mold infection often have underlying chronic Lyme disease.**

**The borrelia lives in the yeast cells and parasites. It is hidden. Only when the yeast cells and parasites are eliminated the borrelia could be seen in live blood analysis.**

If you suspect chronic Lyme disease go for borrelia WB blood test. If it comes positive make your health practitioner aware of it. If he/she does not have information and knowledge how to deal with it reading this booklet might be lifesaving.

## **Treatment**

Regular doctors have very little to no knowledge about Lyme disease!

Most doctors will not even test the patient for Lyme disease.

Even when the blood result shows chronic Lyme disease majority of doctors and physicians will laugh at it or ignore it completely.

They might tell you that “there is no Lyme disease in South Africa”, “it is all in your head”, “you are crazy”, “you are reading too much junk on the net” or “your homeopath/naturopath does not know what he/she is talking about”.

The patient might be treated symptomatically for months and years by physicians, psychiatrists, neurologists, neurosurgeons, orthopedic surgeons, dentists, dental surgeons, ophthalmologists, cardiologists, pulmonologists, gastroenterologists, ENT specialists, rheumatologists, urologists, gynecologists, dermatologists, oncologists, homeopaths, physiotherapists, chiropractors, osteopaths, cranio sacral therapists, biokineticists, kinesiologists, Body Talk practitioners, postural integration practitioners, massage therapists, hypnotherapists, etc.

The symptoms would improve and come back. No permanent healing would be achieved.

Even doctors specializing in Lyme disease would not be interested in anything else besides antibiotics. They will tell you there is no exact science how to cure chronic Lyme disease.

Most people are totally screwed if they consult a doctor or a physician.

**The only solution is to become your own expert and continue researching the subject daily. Then only you can beat Lyme disease.**

Conventional treatment of Lyme disease is with **tetracycline** antibiotics.

**It fails in more than 30% of the cases!**

I had enough of frustrated patients looking for a solution for many years.

I have developed one of the best holistic treatment protocols. It includes antibiotics if clinically indicated.  
See the appendix.

### **Antibiotic rotation protocol principles**

Antibiotics are clinically indicated in **all acute** and **some chronic** Lyme disease cases. They have to be administered according to the following principles:

1. Antibiotic course for 7-10 days every month.
2. Resonator to be used during the breaks.
3. New and different antibiotic should be used in each round of treatment.
4. Various adjunctive therapies to enhance the effectiveness of the antibiotics and decrease their side effects.
5. Antibiotics should be spread over a long period of time (8 – 12 months).

The antibiotics cause severe Herxheimer reaction (dying off borrelia). Small group of people that can handle antibiotics get miraculously cured from all kind of symptoms after 8 – 12 months.  
Many people experience severe side effects during treatment.  
Others develop severe candidiasis.  
Small group of patients are allergic to antibiotics and can not be treated.  
After 2-3 antibiotic courses many patients give up and seek alternative solutions.

### **Non pharmaceutical antibiotics**

There are many plant extracts that have a **strong antibiotic** activity.  
**Lyme)X** is a unique Chinese herbal formula for a successful treatment of Lyme disease.  
It contains 8 herbal extracts.  
Four of them are anti-spirochetal (kill directly the spirochete).  
One of these four helps with neurotoxin elimination.  
Two are very strong antibiotics.  
The last two help the phytochemicals to penetrate deeply into the tissues and clear sealed off pathogens. The bio film formations could also be destroyed.  
**Lyme)X** could be taken for a long time without any side effects.  
It clears the infection within 6 to 12 months.



Lyme)X works synergistically very well with Cool Blue. All the neurotoxins are eliminated effectively on a daily basis.

AntiBioBotanical is herbal antibiotic that is active against 25 types of bacteria. It is recommended when there are many co-infections. It does not have side effects. It could be taken for a long without any side effects.

The RV formulae, Magnol 1, IM 1, 2 and 3 are immune stimulating. They should be prescribed according to the pattern in Chinese medicine.

Monolaurin in coconut oil is very helpful. It disrupts the lipid bi layer of many microorganisms. It kills them indirectly. It is effective against borrelia as well.

### **Marshall protocol**

Trevor Marshall was a biomedical engineer from Australia. It took him about 30 years to find out how cell wall deficient bacteria survive in the body for many years.

He found out that **they stimulate the cells to overproduce vitamin D.**

**It becomes toxic and shuts the immune system down.**

Exposure to sun, vitamin D rich foods and supplements should be stopped completely for at least 12 months to clear the cell wall deficient form of borrelia. This helps tremendously the action of the antibiotics. Low doses of antibiotics become very effective.

He advises Benicar (high blood pressure medicine) to decrease significantly the vitamin D in the body. Not all patients are able to take it.

Majority of doctors and holistic practitioners advocate taking vitamin D without being aware of present microorganisms.

Remember that fish oils and seaweed are high in vitamin D as well. They are taken by millions of people as supplements.

Most people have vitamin D deficiency that reflects in a blood test.

**Vitamin D could aggravate severely anybody with chronic Lyme disease and co-infections with CWD bacteria!!!**

**Every person should be tested for these bacteria before administering vitamin D!!!**

See the appendix.

### **Salt and vitamin C**

**Borrelia burgdorferi, although very resistant to many treatments, is very vulnerable when there is a slight change of the salt concentration in the blood. It ruptures its membrane.**

Mixture of Himalayan salt and buffered vitamin C (calcium ascorbate) is very effective in killing the microorganism causing Lyme disease. Sometimes mixture of Himalayan salt and lemon juice works better for some people.

## **Detoxification**

Detoxification is very important during the treatment. **When the borrelia dies it releases very powerful neurotoxins that are fat soluble. They accumulate in the liver and the bile.**

Liver detoxification is of utmost importance for successful treatment.

Cool Blue works very well together with Lyme)X.

Milk thistle, dandelion, livotibb, livoclear, legalon, nux vomica, etc. work well in some cases.

Checking for **liver fluke** presence with **B.E.S.T.** or **LBA** is essential.

Skin detoxification helps a lot to eliminate toxins faster.

Use natural bristle brush.

Heavy metals detoxification is crucial.

**IP6** and **CeIDTX** are brilliant oral chelators for an elimination of heavy metals.

**I.V. chelation** might be necessary in some cases.

All amalgams should be replaced with white composite material.

Work with a dentist that uses rubber dam and is trained in non toxic dentistry protocol.

Aerobic exercises speed up the elimination of toxins and the healing process.

## **Neurotoxins and neurotoxic syndrome**

Borrelia releases a few neurotoxins. They are capable of causing severe neurological disorders.

**The neurotoxins affect the thyroid hormones, fertility hormones, testosterone, DHEA and leptin.**

The neurotoxins could cause a myriad of symptoms for many years after borrelia is cleared.

**99% of patients with Lyme disease have neurological or psychiatric disorders.**

Some of the patients with Lyme disease reach the last stage – neurotoxic syndrome.

**Questran lite is the fastest way to bind and eliminate the neurotoxins.**

Take 4-6 sachets a day for 2-4 weeks.

Drink at least 3 liters of purified water a day.

Take one of the following fats 30 min after questran lite: coconut oil, olive oil, sesame seed oil, tahini or avocado to stimulate the bile release.

Take herbal laxative (10 herbs or aloe) if constipated.

Follow amylose free diet for 6 - 12 months.

See the appendix.

**N.B. Questran lite contains aspartame.**

**N.B. Zeolite is an excellent alternative to questran lite.**

### **Electro-medicine and ozonated FIR sauna (O3FIRR)**

**This triple combination (resonator, ozonator and FIR) is the most important part of the treatment protocol.**

They are applied simultaneously for 20 to 60 minutes depending on the patient.

The initial stage is once a day for 2 weeks and thereafter two – three times a week for 3 – 6 months.

This treatment could cause severe Herxheimer reactions.

It speeds up enormously the healing process.

### **Supportive supplements**

Supportive supplements are administered individually according to the live blood analysis, bright/dark field microscopy and B.E.S.T.

**Magnesium complex and ConcenTrace are indicated in more than 85% of the cases.**

An iodine tincture painted on the soles of the feet is sometimes helpful.

**Borrelia uses up the magnesium in the body. The deficiency creates many secondary diseases.**

Folic acid and vitamin B12 are of great help as well.

### **Other treatments**

These treatments have proved efficient in treating Lyme disease.

1. **Homeopathic remedy** - should be prescribed by a homeopath. It should be changed as often as necessary.

**Lyme Stop is a homeopathic combination that is very effective in treating Lyme disease.** It should be taken 3 times a day for 3 months.

Most patients feel significant improvement after 3 days.

**Lyme HD** is also very effective for all cases of Lyme disease.

- You can order it from [www.healingdownloads.com](http://www.healingdownloads.com)
- AllisOne tissue salts** might be of great help. They are lactose free.
2. **Lyme diet** is essential for successful healing of Lyme disease. See appendix.
  3. **Various bodywork techniques** are very helpful in overcoming the symptoms of this condition. **Make sure that the spine is balanced.** Otherwise it can negate the positive effects from the healing.
  4. **Advanced Balance bracelets** clear the positive ions, improve balance, flexibility and core muscles.
  5. **Quantum pendants** emit scalar energy that protects the body from all negative electromagnetic frequencies.
  6. **Orgonites (minishield, conus, pyramid)** to transform negative EMF into positive energy.
  7. **Tachyons (pendants, cards)** to raise the frequency and protect against any radiation.
  8. Many other holistic modalities speed up the healing process.

### **Muscle testing**

A question is asked by the practitioner while applying pressure on patient's arm. The patient resists the pressure. If there is a strong hold the answer is yes. If there is a weak hold and the patient can not resist the answer is no. Muscle testing is used in kinesiology, Body Talk, holographic re-patterning, etc. It is a subconscious confirmation from the body muscles to any treatment, food, drink, supplement, mineral, vitamin, herb, amino acid, essential fatty acid, etc. Anything could be muscle tested. It is a very useful tool for individualizing the treatment protocol. It excludes trial and error approach. It brings precision and reliability.

### **Herxheimer reaction**

Applying all of the above treatments causes Herxheimer reaction. It occurs when large quantities of toxins are released into the body as bacteria (typically spirochetes) die during antibiotic treatment. Sometimes it could be quite dramatic. The patient might think that he/she is getting worse and the medicines do not agree with the body. Often conventional treatments suppress the healing process. Herxheimer reaction is a **healing crisis**. It shows the patient that the microorganism is dying and the body is trying to eliminate it. It could last 1 to 7 days.

It includes the following symptoms: **fever, headaches, muscle/joint pains, tiredness, weakness, mood swings, nausea, vomiting, diarrhea, rash, itch, discharges, loss of appetite, bitter/metallic taste in the mouth, hot flushes, sweating, tremors, anxiety, pins and needles, mild paralysis, etc. The inflammatory cytokines (tumor necrosis factor alpha, interleukins 6 and 8) are increased.**

Dr Adolf Jarisch, an Austrian dermatologist and Dr Karl Herxheimer, a German dermatologist, observed this reaction in patients with syphilis treated with mercury. The patients that reacted dramatically healed fastest. The main advice during Herxheimer reaction is to continue with treatment if mild or discontinue the treatment for a few days if severe.

No conventional medicines should be taken as this suppresses severely the elimination of toxins and the healing process.

Lymphatic system needs stimulation during this reaction.

### **Lyme lessons**

Many people are asking me the same two questions:

1. What is my lesson in having Lyme disease?
2. What is the spiritual reason for it?

Here are my thoughts on that:

1. Lyme disease is the new syphilis for mankind. It is related to the self – destructive pattern in people and towards the planet. It is an expression of syphilitic miasm (cellular memory).
2. It is difficult to cure. It teaches faith, patience, trust, discipline, commitment, persistence, endurance, etc.
3. It is challenging. It stimulates spiritual growth, knowledge, research, developing confidence, becoming your own medical expert, etc.
4. It shows the weakness of conventional treatment. It requires a paradigm shift in the doctor's and patient's mind.
5. It teaches mankind to look deeper into the global crisis and prepare for acceptance of the divine consciousness.
6. It prepares people to move from greed to gratitude.
7. It changes the way that the person's brain perceives the reality. It allows the person to look from a different angle, find additional aspects, create new options, experience different dimensions, live in a parallel reality, develop his intuition, see the invisible, hear the sounds that no one can, open his mind to spiritual downloads and teachings, get closer to God, become one with the Creator, etc.

## **Conclusion**

Chronic Lyme disease treatment is very long and requires total commitment. It can not be done over 3-6 months because of the long life cycle of borrelia and its colonies in the cells. It requires patience and persistence.

There might be many ups and downs during this treatment because of Herxheimer reaction. Many patients are tempted to give up and carry on with their symptoms. It is not advisable because the cell wall deficient and cyst forms could cause serious damage over the years. This would manifest later as various chronic diseases seemingly not related to Lyme disease. Completing the treatment protocol and releasing the neurotoxins is of utmost importance.

Consult a LLMD to guide you in the process.

Speak to people and spread the awareness about the Lyme disease.

## **Appendix**

### **Partial list of bacteria that might become CWD**

1. Staphylococcus
2. Streptococcus
3. Mycobacterium
4. E.coli
5. Shigella
6. Enterococcus
7. Clostridium
8. Neisseriae
9. Haemophilus
10. Micrococcus
11. Bacillus
12. Lactobacillus
13. Brucella
14. Bordetella
15. Serratia
16. Pasteurella
17. Stenotrophomonas

- 18.Pseudomonas
- 19.Corynebacterium
- 20.Vibrio
- 21.Listeria
- 22.Legionella
- 23.Bacteroides
- 24.Rhizobium
- 25.Proteus
- 26.Bifidobacterium
- 27.Salmonella
- 28.Streptobacillus
- 29.Nocardia
- 30.Treponema
- 31.Borrelia
- 32.Leptospira

### **Holistic treatment protocol for Lyme disease**

1. Treatment:
  - a. acute infection: tetracycline antibiotics for 7-10 days and O3FIRR sauna twice a day for 2 weeks.
  - b. chronic infection with co - and mixed infections:
    - antibiotic rotation protocol (8 – 12 months if clinically indicated):  
Dr Cecile Jadin – 011 4601670; 074 953 1514  
Dr Patrick Gerin – 011 465 9493; 072 699 7047
    - non - pharmaceutical antibiotics and immune boosters:
    - Lyme)X – 2 caps 2 - 3 times a day for 6 - 12 months
    - AntiBioBotanical – 3 caps 2 - 3 times a day for 3 – 6months
    - RV1162, RV1163, RV1166, RV1207, RV 1220 according to the pattern
    - Magnol 1, IM 1, 2 or 3 according to the pattern
    - Autoimmune 1 if there is an autoimmune reaction
    - monolaurin (coconut oil) – 1 tablespoon a day for 6 - 12 months if not allergic to it
2. Marshall protocol (at least 18 months):
  - decrease exposure to sunlight and artificial lights (sunglasses, hats, long sleeves and trousers), not compulsory for African people
  - stop vitamin D rich foods (eggs, mayonnaise, fish, fish oil, dairy, seafood, kelp, seaweed, butter, vitamin D fortified foods and supplements)

3. Mixture of Himalayan salt and buffered vitamin C (calcium ascorbate) – gradual increase from 8 to 16 g of each in 500 ml of purified water once a day for 3 – 6 months. Sometimes mixture of Himalayan salt and lemon juice works better.

Check your BP every week. If high decrease or stop the salt.

#### 4. Detoxification:

- liver detoxification: fresh lemon juice, liver flush, milk thistle, dandelion, Cool Blue, Livoclear, Livotibb, Legalon, nux vomica, etc. Check for liver fluke with B.E.S.T. and LBA.
- AMYLOSE FREE DIET and QUESTRAN LITE/ZEOLITE for neurotoxicity
- skin detoxification: dry skin brush daily and Epsom salts bath – 2 -3 times a week for 3 – 6 months
- heavy metal detoxification – removal of mercury fillings, chlorella, cilantro, pectin, oral chelation
- aerobic exercises – walking, running, swimming, dancing, cycling, rebounder, tennis, squash, soccer, etc.

5. O3FIRR SAUNA (THE MOST IMPORTANT PART OF THE TREATMENT): all frequencies for 60min and 378 – 382 kHz for 7 min together with sitting in an O3FIRR sauna for 20 – 60 min daily for 2 weeks and thereafter two – three times a week for 3 – 6 months.

Please, contact Carol at 011 787 8649; 083 376 3681 or Maureen at 011 425 5722; 083 335 9598 for your O3FIRR sessions.

#### 6. Supportive supplements:

- Moringa powder – 1 tablespoon twice a day for 6 – 12 months.
- Via Viente – 60 ml twice a day for 6 – 12 months.
- Superfood Red – 1 scoop once – twice a day for 6 – 12 months
- lithium orotate or Neuro 1 – 2 caps a day for 6 – 12 months
- coenzyme Q 10 (ubiquinol) - 100 mg a day for 6 – 12 months
- vitamin B complex, vitamin B12, folic acid
- ConcenTrace (trace minerals) – 40 - 60 drops a day for 6 - 12 months
- MAGNESIUM COMPLEX – 2 tablets a day for 12 - 36 months
- IODINE TINCTURE – painting the sole of one foot, size 5x5 cm square 3 – 7 times a week for 6 – 12 months

#### 7. Other treatments:



- homeopathic remedies: LYME STOP, AURUM ARSENICOSUM (main remedy), BORRELIA (nosode), LEDUM (preventive and curative), agaricus, arsenicum album, arsenicum iodatum, aurum metallicum, aurum muriaticum natronatum, borax, calcarea carbonica, lycopodium, magnesium phosphoricum, mercurius solubilis, natrium muriaticum, natrium sulphuricum, nux vomica, phosphorus, sepia, spigelia, staphysagria, tellurium, thuja, sulphur, veratrum album, Lyme HD ([www.healingdownloads.com](http://www.healingdownloads.com)), Personal Potential Downloads ([www.greaterpeople.com](http://www.greaterpeople.com)), etc.
- LYME- or ANTI-MOLD DIET during the treatment
  - oxygenation – ozone, hyperbaric chamber, oxygen bottle, intermittent hypoxia therapy (IHT)
  - quick zap power tube – 011 802 7020 - Dieter
  - acupuncture, moxibustion, cranio sacral therapy, PI, Body Talk, kinesiology, Advanced Balance bracelet, Ge/Ti bracelet, quantum pendant, orgonites, tachyons, etc.
  - pain management: resonator, oxygen, IHT and bodywork
  - proper sleep, family constellations, counseling (if necessary)

#### 8. Sources of information:

- [www.lymebook.com](http://www.lymebook.com) – E – newsletter
- [www.lymediseaseguide.org](http://www.lymediseaseguide.org)
- [www.lymecommunity.com](http://www.lymecommunity.com)
- [www.lymenet.org](http://www.lymenet.org)
- [www.liafoundation.org](http://www.liafoundation.org)
- [www.mentalhealthandillness.com](http://www.mentalhealthandillness.com)
- [www.ilads.org](http://www.ilads.org)
- [www.lymediseaseassociation.com](http://www.lymediseaseassociation.com)
- [www.defeatlyme.com](http://www.defeatlyme.com)
- [www.lymevideoblog.com](http://www.lymevideoblog.com)
- [www.beatlymedisease.com](http://www.beatlymedisease.com)
- [www.jonbarron.com](http://www.jonbarron.com)
- [www.lyme-disease-research-database.com](http://www.lyme-disease-research-database.com)
- [www.lymecryme.com](http://www.lymecryme.com)
- The homeopathic treatment of Lyme disease by Peter Alex, 2006
- The top 10 Lyme disease treatments by Bryan Rosner, 2007
- The Lyme – autism connection by Bryan Rosner, 2008
- Insights into Lyme disease treatment by Connie Strasheim, 2009
- The Lyme diet by Dr Nicola McFadzean, 2010

## Amylose free diet

**Exclude completely the following foods:** all grains (wheat, spelt, barley, oats, rye, rice, buckwheat, millet, sorghum, juwar, quinoa, teff, tapioca, sago), flours, bread, pasta, macaroni, spaghetti, cakes, biscuits, muffins, pies, roti, chapati, doughnuts, rusks, pastry, semolina, couscous, crackers, cereals, roti, pitta bread, shwarma, falafel, wafers, starchy vegetables (potatoes, sweet potatoes, carrot, parsnip, beet, radish, rutabaga, horseradish, celeriac), legumes (beans, lentils, peas, soy, chickpeas, humus), mushrooms, fruit, fruit juice, corn, mielies, polenta, samp, pap, popcorn, glucose, fructose, sucrose, dextrose, sugar, honey, maltodextrin, carbonated and diet drinks, kombucha tea, kvas, boza, licorice sweets, chocolate, palm sugar, molasses, processed meats, aspartame, MSG, sorbitol, mannitol, maltitol, xylitol, sucralose, hydrogenated vegetable oil, margarine, refined oils, canola oil, peanuts, peanut oil, mustard, mayonnaise, custard, baking powder, commercial curry powder, dressings, sauses, vinegar, alcohol, coffee, tea, preservatives, colorants, flavors, etc.

**Include the following foods:** beef, lamb, pork, goat, fish, shellfish, crocodile, chicken, turkey, duck, ostrich, goose, eggs, raw nuts and seeds (almonds, cashews, macadamia, Brazil, pistachios, pecans, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, flax seed, poppy seeds, sesame seeds), nut and seed butters, tahini, organic omega 3/6 oils, organic butter, cream, home made kefir and yogurt, soft organic cheeses (Feta, cottage, mozzarella, ricotta), cold pressed oils (olive, sunflower, safflower, grape seed, flax, hemp, evening primrose, sesame, pumpkin seed, pine nut, coconut), coconut butter, home made salad dressing, avocados, olives, olive tapenade, amaranth, hemp, chia, vegetables, salads, vegetable broth/soup, fresh vegetable juice, fresh and dry herbs, chilies, curries, fresh lemon juice, herbal teas, stevia, Himalayan salt, occasional use of berries.

**Main supplements:** RO water (2-3 liters a day), Concentrace – 1 teaspoon 3 times a day, omega 3/6/9 organic – 1-2 tablespoons 3 times a day, evening primrose oil - 3 000 mg – 5 000 mg a day, Mega C 1000 mg - 15 000 – 25 000 mg a day, ground organic flax seed - 2 tablespoons twice a day, chlorella - 15 – 30 capsules a day, Glyco-fix – 15 – 20 capsules a day and Phyto - organics - 1 capsule twice a day.

**Additional supplements:** Super 8 probiotic – 2-3 capsules a day, vitamin A – 10 000 IU a day, vitamin D – 400 IU a day, folic acid – 800 mcg a day,

methylcobalamine – 2 500 mcg a day, carnosine – 500 mg a day, carnitine – 1000 mg twice a day, magnesium citrate – 2 tablets 3 times a day, branched chain amino acids – 10 capsules a day, bromelain – 3 capsules twice a day, biotin – 2 capsules a day, PABA – 1500 mg twice a day, phosphatidylcholine – 2-4 capsules twice a day, coenzyme Q10 – 300 mg a day, alpha lipoic acid - 750 mg a day and mastic gum – 3 capsules twice a day.

### **Anti – mold diet**

#### **Foods, drinks, supplements and medicines to EXCLUDE COMPLETELY for at least 12 months**

All grains (wheat, spelt, kamut, triticale, wheatgerm, bran, barley, rye, oats, millet, quinoa, buckwheat, sorghum, juwar, teff), starches (potatoes, chips, sweet potatoes, madumbe, yams, mielies, pap, samp, polenta, popcorn, corn thins, sorghum, sago, tapioca, cassava plant), semolina, couscous, Essene bread, low GI bread, flours and all boxed cereals (Weet – bix, All bran, Cornflakes, Rice crispies, Coco pops, muesli, jungle oats), sourdough, Japanese rice crackers, Provita, Ryvita, matzos, schnitzel, falafel, shwarma, sushi rice (contains sugar and vinegar), all dairy (milk, colostrum, yogurt, amazi, lassi, kefir, cheese, cream, ice cream, buttermilk, whey), tissue salts, homeopathic remedies in granules, pilules and tablets, sugar, honey, molasses, maple/corn syrup, agave nectar, palm sugar, carob, glucose, dextrose, mannose, fructose, sucralose, maltitol, sorbitol, xylitol, aspartame, acesulfame K, saccharin, sweets, chocolate, halva, nougat, all dried fruits, all fruit juices, kvas, boza, all vinegars, all soy products (soy sauce, soy milk, miso, tofu, tamari), all carbonated/energy drinks, soda and sparkling water, coffee, Frisco, Ricoffy, Milo, Horlicks, Bournvita, tea, kombucha tea, yeast containing products, processed meats (boerewors, Polony, viennas, salami, ham, bacon, liver pate), Bovril, marmite, Oxo spread, baking powder, commercial curry powder (contains wheat), Knorr/Royco soups, stock cubes, all alcohol, non alcoholic beer, all tinctures, Sweden bitters, vitamin B complex, Brewer's yeast, Bio-Strath, StaminoGro, psyllium husk, Herbal Fiberblend, Agiolax, Barleylife, Barleygreen, licorice, cashews, peanuts, pistachios, olives in vinegar, chickpeas, humus, tarama salata, mushrooms, sauerkraut, mayonnaise, canola oil, margarine, tomato sauce, Worcester sauce, ketchup, pickles, pickled ginger, chutney, achaar, salad dressings, MSG, Aromat, sauces, leftovers (more than 24 hours), citric acid, malic acid, lactic acid, malt, maltodextrin, tap water, fructo- oligosaccharides (FOS),

digestive enzymes (derived from *Aspergillus*), sweeteners, antibiotics (especially penicillin), cortisone, antacids, H2 blockers, proton pump inhibitors, oral contraceptives, injection, Mirena, fertility drugs, HRT, progesterone crème, estrogen crème, heparin, chemo- and radiotherapy, syrups (sweetened with sucrose, fructose and xylitol), etc.

### **Foods, drinks and supplements to INCLUDE for 12 months**

Beef, lamb, goat, pork, biltong, dry wors, eisbein, ribs, venison, meat wors, tripe, giblets, liver, kidney, brain, gelatin, fish, caviar, shellfish, snails, chicken, turkey, duck, goose, ostrich, guinea fowl, pigeons, quail, crocodile, frogs, eggs, almonds, walnuts, pecans, Brazil nuts, hazelnuts, macadamia, pine nuts, pumpkin seed, sunflower seed, sesame seed, tahini, poppy seed, flax seed, hemp meal, nut and seed butters, dried beans, lentils, peas, kidney bean humus, coconut, coconut milk, organic rice milk, avocado, Irish butter, organic butter, farm butter, ghee, olive oil, sesame seed oil, grape seed oil, avocado oil, coconut oil, coconut butter, pumpkin seed oil, flax oil, hemp oil, evening primrose oil, pine nut oil, apricot kernel oil, fresh tomatoes, olives in salt/water/oil, olive tapenade, lemon, lime, all fresh fruits, salads and vegetables, vegetable broth/soup, sprouts, all types of rice, rice cakes, rice thins, puffed rice, rice pasta, rice vermicelli, rice flour, rice roti, rice bread, pumpkin bread, rice bran, amaranth, chia, fresh lemon and lime juice, vine leaves, freshly squeezed vegetable juices (carrot, beetroot, cucumber, tomato, celery, lettuce, endive, peppers, green beans, cabbage, spinach, watercress, parsley, etc.), garden mix (Kauai), pure chicory/dandelion/acorn coffee (home made), garlic, onion, celery, parsley, okra, karela, kale, basil, basil pesto, rocket, dill, fennel, anise, saffron, cumin, cardamom, coriander, fresh and dried ginger, horseradish, chilies, pure herbal curry, turmeric, cinnamon (1 teaspoon a day), white/black pepper, Himalayan salt, stevia, coconut sugar, home made salad dressing (olive oil, garlic, fresh lemon juice and herbs), home made mayonnaise (egg yolk, fresh lemon juice and olive oil), wasabi, organic cocoa powder, herbal teas, RO/bottled/ozonated water, minerals (Ca, Mg, Na, K, P, Fe, Cr, Se, Zn, Cu, Mn, Mo, I, Si), vitamin A, C, D, E, F, K, amino acids, digestive enzymes, probiotics, herbal supplements in capsules, syrups (sweetened with stevia), homeopathic remedies in distilled water, etc.

**N.B. Take bicarbonate of soda – 1 teaspoon in a glass of water twice a day to alkalize the body for 12 months and Colon-fix (magnesium**

peroxide) – ½ teaspoon in a glass of water twice a day to oxygenate the body for 12 months.

**Do not mix them together. Take them 15 min apart.**

**Take 3 drops of MMS every 3 hours for 4-6 weeks in severe cases.**

**Check your house, work, car and holiday place for mold. Scrub it using glasses and a mask. Apply antiseptic solution. Paint the surface. You could also have a mold from the time of conception. It is passed on from infected parents in its primitive form.**

## **LYME DIET**

**Exclude completely the following foods, drinks, supplements and products during the treatment**

### **Gluten**

Wheat, spelt, kamut, triticale, wheat germ, rye, oats, barley, bran, all boxed cereals (Weet-bix, Cornflakes, Rice crispies, All Bran, Coco pops, jungle oats, gluten free muesli (Vital), durum wheat, bulgur wheat, sprouted barley, rye and oats, Essene bread, semolina, couscous, commercial breads, low GI breads, seed loafs, sourdough, commercial chips, pizza, pasta, spaghetti, pies, pastry, samoosas, roti, chapatti, pitta bread, biscuits, wafers, muffins, rusks, crackers, Provita, Ryvita, matzos, Japanese rice crackers, cakes, pancakes, doughnuts, batter, crumbs, marmite, Bovril, Oxo spread, processed meats (ham, bacon, salami, Polony, viennas, boerewors, liver pate, etc.), fish fingers, KFC, McDonald, Steers, Anat, Fournos, Thai/Chinese/Japanese/Indonesian/Malaysian food, shwarma, falafel, schnitzel, licorice, beer, gin, whiskey, wheat germ oil, barley/rice malt, Lindt chocolate (except dark one), Ferrero Rocher, Palino, Smarties, Astros, Lunch bar, Bar one, Frisco, Ricoffy, bamboo coffee, Milo, Horlicks, Bournvita, Knorr/Royco soups, distilled vinegar, sauces, salad dressings, tomato sauce, soya sauce, tamari (Earth products), teriyaki sauce, MSG, Aromat, mayonnaise, tarama salata, stock cubes, vegetable starch, food starch, modified food starch, natural flavors, baking powder, commercial curry powder, barley/wheat grass, blue cheese, dextrins, miso, mustard powder, energy/muscle fuel/protein/health bars, oat straw, Brewer's yeast, green oats, avena sativa tincture, honey (from grains), kvas, boza, Floradix, Barlegreen, Barley Life, Glucochrom, Herbal Fiberblend, Composure, Reassure, Colon ecology supplement, ColoNorm G, Gut Clear, Super Herbal Greens + Plus, Fiber Plus, Bio-Strath (liquid), Organic active greens, Greens

first, Earth source greens&more, massa fermentata, some cough syrups (Cough elixir), wheat starch binders in some medication, stamps/envelopes (do not lick them!), some lipsticks and any food or drink that might contain gluten even in less than a gram!!!

### **Dairy**

Milk, skim milk, colostrum, yogurt, lassi, amazi, white/yellow cheese, cream, ice cream, buttermilk, whey, butter, ghee, custard, milk chocolate, tissue salts, homeopathic granules, pilules and tablets

### **Sugar**

Sugar, honey, molasses, maple/corn syrup, agave nectar, palm sugar, glucose, dextrose, mannose, fructose, sucralose, maltitol, sorbitol, aspartame, acesulfame K, saccharin, sweets, chocolate, halva, nougat, all dried fruits, all fruit juices, kvas, boza, all carbonated/energy drinks, kombucha tea

### **Proteins**

Beef, lamb, goat, pork, biltong, dry wors, eisbein, ribs, venison, meat wors, tripe, giblets, liver, kidney, brain, gelatin, fish, caviar, shellfish, eggs, peanuts, cashews, pistachios

### **Fats**

Animal fat, chicken skin, fried foods, margarine, canola oil, refined oils, peanut butter, caviar, fish oils, shortening, spreads, cooking spray

### **Alcohol**

All alcoholic beverages

### **Vinegars**

All vinegars

### **Soy**

All soy products (soy sauce, soy milk, miso, tofu, tamari, soy bean, etc.),  
Redro fish spread, Peck's anchovette

### **High oxalate foods (if sensitive to them)**

Cocoa, figs, strawberries, raspberries, blackberries, blueberries, mulberries, gooseberries, goji berries, black currant, kiwi, beets, celery, chives, collards, dandelion, brinjals, kale, leeks, mustard greens, okra, parsley, parsnips, green peppers, rutabaga, rhubarb, sorrel, spinach, sweet potatoes, yams, watercress, tomato, almonds, pecans, walnuts, sunflower seeds, sesame seeds, tahini, cinnamon, ginger, black pepper, beer, chocolate, instant coffee, tea, green beans, turnip greens, yellow dock, squash, lemon peel, lime peel

### **Other non alcoholic beverages**

Coffee, ordinary tea, soda water

**Include the following anti-inflammatory, detoxifying, alkaline, low oxalate, digestion promoting, immune supportive and hormone balancing foods**

### **Fruits and vegetables**

**Fresh fruits** – olives, apples, pears, peaches, apricots, plums, prunes, quince, lemon, lime, orange, naartjie, mineola, grapefruit, pomello, litchi, papaya, pineapple, bananas, mangoes, melons, watermelon, guava, granadilla, star fruit, cherries, pomegranate, persimmons, prickly pear, carob, freshly squeezed fruit juices

**Vegetables** – cucumbers, lettuce, carrots, endive, butternut, baby marrows, pumpkin, cabbage, broccoli, cauliflower, Brussels sprouts, okra, karela, radish, vine leaves, asparagus, freshly squeezed vegetable juices

### **Gluten free grains and starches**

Rice (white, brown, wild, basmati, black, red, puffed, parboiled, rice bran, rice cakes, rice thins, rice crackers, rice pasta, rice vermicelli, rice milk), corn, popcorn, corn thins, polenta, corn starch, maizena, samp, potatoes, madumbi, millet, sorghum, mabele, UncuthU TM, juwar, teff, buckwheat, amaranth, quinoa, chia, sago, tapioca, cassava plant, home made chips, gluten free muesli, gluten free granola, gluten free pasta, gluten free pizza,

gluten free breads, gluten free roti, gluten free samoosas, gluten free cakes, gluten free muffins, gluten free biscuits, gluten free pancakes

### **Proteins**

Coconut, coconut milk, snails, chicken, turkey, duck, goose, ostrich, guinea fowl, pigeons, quail, crocodile, frogs, beans, lentils, peas, chickpeas, Brazil nuts, hazelnuts, macadamia, pine nuts, pumpkin seed, poppy seed, flax seed, hemp meal, nut and seed butters

### **Dairy**

Kefir – 011 792 0246 - Dana

### **Fats**

Avocados, olive oil, sesame seed oil, grape seed oil, avocado oil, coconut oil, coconut butter, pumpkin seed oil, flax oil, hemp oil, evening primrose oil, pine nut oil, apricot kernel oil

### **Sugars**

Xylitol and stevia

### **Fresh and dried herbs**

All fresh and dried herbs, Himalayan salt

### **Herbal teas**

All herbal teas, reverse osmosis magnetized water

**N.B.** Some patients can tolerate small amounts of fish, eggs and red meat. They have to be muscle tested.

### **My own experience**

I was diagnosed with chronic Lyme disease on 16.01.2010 via borrelia Western Blot test. That challenged me to create one of the best holistic treatment protocols.



I was thinking of a powerful herbal antibiotic without the side effects of conventional antibiotics. My intuition coupled with knowledge of herbs and hours of research gave birth to Lyme)X.

I put together the 8 herbs in Lyme)X plus minerals and vitamins.

That was too many ingredients to go in 500 mg capsule.

Then I took out the minerals and vitamins and left only the best 8 herbs.

Dr Daniel Weber asked me to send him the proportions per capsule.

Lyme)X was manufactured 3 months later from Panaxea in Australia and has been distributed by Wings Herbal Synergy in South Africa since June 2010.

That was a very kind gesture from Dr Weber. I am eternally grateful to him for this medicine.

**Lyme)X has never failed to work in every single case of chronic Lyme disease up to now!**

I was one of the first people in the world and South Africa to take Lyme)X in June 2010. I decided to do a shortened version of the holistic Lyme treatment protocol to prove the efficiency of Lyme)X. That was my own scientific experiment. I ate mostly one meal at night for the 6 months.

Here were the ONLY things I have done:

- 1. Lyme)X – 2 caps twice a day for 6 months**
- 2. Magnesium complex (food state) – 1 tab twice a day for 6 months**
3. Selenium complex (food state) – 1 tab a day for 6 months
4. Mega C – 1000mg – 3 tabs twice a day for 6 months
- 5. Colon-fix – ½ teaspoon twice a day for 6 months**
6. Superfood red – 1 scoop a day for 2 months
7. Coconu oil – 1 tablespoon a day for 1 month
8. Flexiflax – 2 caps a day for 1 month
- 9. Homeopathic remedies over the 6 months period: aurum arsenicosum 30ch/borrelia 30ch, aurum muriaticum natronatum 30ch/borrelia 30ch, lycopodium 30 ch/borrelia 30ch, phosphorus 30ch/borrelia 30ch**
- 10. Lyme diet – 85%**
11. Advanced Balance II – worn on the right wrist daily for 4 months
12. Moldavite – worn on my chest daily for 6 months
13. Cranio-sacral therapy – once a month for 4 months

I was muscle tested once a month about the necessary supplements and homeopathic remedies. I was 100% cured from Lyme disease in the middle of December 2010.

I consider the paragraphs **1, 2, 5, 9 and 10 the most important** for my healing. That was the best Christmas present for me!

