

# A Holistic Guide to Lyme Disease



## Lyme Disease

Lyme disease is a bacterial infection caused by the spirochete *Borrelia burgdorferi*. Lyme attacks the Nervous system, Joints and Muscles, and Circulatory system.

## How Transmitted

- Tick bites
- Inhalation for Tularemia
- Bodily fluids (studies still inconclusive)

## Prevention

- Wear light colored clothing, tucking your pants in your socks and your shirt in your pants
- Wear organic, essential oil spray, such as *LymeGuard™*, or make your own
- Thorough body search after outdoor activity

## Recommendations if Bitten by a Tick

- Remove properly with tick removal tool
- Clean bite with hydrogen peroxide or Oregano essential oil (*will burn; not recommend for children*)
- Use the herb Sarsaparilla (*Smilax SPP*)
- Make an appointment immediately with a Lyme Literate professional for a customized Lyme Disease treatment plan.
- Save tick & send to UMASS Tick Testing Lab (Register Online)

## Geography

Cases of Lyme disease have been reported in every state, Canada, Europe, Africa, Middle East, and Asia. In North America Lyme Disease is most Prevalent (2012) in the Upper Midwestern and Northeastern US.

94% of the cases were reported in the following states:

- Connecticut
- Delaware
- Maine
- Maryland
- Massachusetts
- Minnesota
- New Hampshire
- New Jersey
- New York
- Pennsylvania
- Vermont
- Virginia
- Wisconsin



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## Diagnosis

- EAV Testing
- Whole-Body Health History & Exam
- iGeniX Laboratory Tests

## Integrative Treatment

- Antibiotics
- Herbal Protocols
- Acupuncture
- Movement
- Stress-Relief
- IV Therapy
- Homeopathy
- Flower Essences
- Supplements
- Far Infrared Sauna/Sweating
- Anti-Inflammatory Diet
- Clay & Epsom Salt Baths
- Psychotherapy

Lyme thrives in an internal environment where there is:

- Weak Immune System
- Sluggish Metabolism
- Poor Circulation of Blood and Qi
- Inactivity
- Hypo-Thyroid
- Stagnation

Lyme educational events and support groups:

Visit [GrotonWellness.com](http://GrotonWellness.com) (Click "Event" Tab)

Contact Groton Wellness (Lyme Destination Center):

We offer a complimentary 15-minute phone consult with a Groton Wellness Practitioner

Specializing in Lyme Disease.

978.449.9919

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## Lyme Symptoms

Symptoms commonly appear 2 to 30 days after the initial bite from an infected tick.

Early Lyme Disease:

- Expanding "bull's-eye" rash (*only 30-50% of those infected have such a rash*)
- Flu like symptoms
- Malaise
- Headache
- Joint pain
- Fever
- Fatigue
- Muscle aches

Late Lyme Disease:

- Nerve damage
- Bell's Palsy
- Heart abnormalities
- Depression
- Insomnia
- Neurological complications
- Meningitis symptoms
- Severe joint pain and/or swelling
- Memory loss
- Seizures

Lyme disease has been miss diagnosed as Parkinson's, MS, ALS, CFS and Fibromyalgia.

Co-Infections (*frequently found in New England*):

**Anaplasmosis (Ehrlichiosis)**

- Profound fatigue
- Severe muscle soreness
- Confusion
- Nausea/Vomiting/Diarrhea
- Headache (*sharp*)
- Low white blood cell count
- Conjunctival injection (*red eyes*)

**Babesiosis**

- Headaches (*global*)
- Air hunger
- Chills/ Night sweats

**Bartonella**

- Tender skin nodules
- Pain in soles of feet
- Cognitive difficulties

## Resources

- GrotonWellness.com
- ILADS
- Lyme Action Network
- Lymepedia.org
- Center for Disease Control
- Lymedisease.org (insurance issues)
- Lymediseaseassociation.org (insurance issues)
- Lymetap.com (testing assistance, financial)
- Clinicofangels.org (financial assistance)

