

Lyme Disease
Combat IX

Detox



THE CHRONIC LYME DISEASE SERIES

Jenna S. Smith

*"Life is Really Simple, but we insist on making it complicated."
Confucious*

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Introduction

This book has been written for anyone who feels sluggish or ill, anyone who has been diagnosed with chronic fatigue or fibromyalgia, anyone whose blood tests all come back normal but you KNOW there is something wrong, anyone who is overweight, but especially for people like me who have chronic Lyme disease.

I am sure that most of us have heard about “detox” or “detoxification” – it is the ultimate buzz word of new-age health in the twenty first century.

...and it sounds good! Who could possibly want the opposite, “toxification” or basically POISONING!?

And yet “poisoning” is what we all do to ourselves, our children, when we grab the plastic wrapped garbage at the grocery superstore for lunchables, snackables, and every other plastic wrapped children’s snack, lunch or dinner.

Then there are the pollutants we pour into our bodies; the alcohol, the caffeine and the vitamin enriched juice is just the start. Any produce that is wrapped in plastic should be eliminated from our carts – hey – don’t you know -

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deep in your hearts that a salad in a bag can't possibly look that good after even an hour let alone days...what the heck was sprayed on it???

So we poison ourselves and our families and then wonder why we don't feel very well.

And it is not just the lack of exercise as we've been persuaded to believe for years. Top athletes are coming down with mystery ailments – and these are men and women who are careful about what they put in their bodies!

Lyme disease is a very specific bacteria that hides from the immune system to invade every nook and cranny of our soft tissue to build super-structures protected by biofilms. But in a perfect world, without any plastic wrap or synthetic additives, would Lyme disease still be able to wreak the havoc it does??

Regardless of our health today, it makes a world of sense to do everything in our power to remove as many toxins as possible.

We need to give our bodies a chance to stay at least strong enough to function while being hammered by one horrible illness or another.

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Why are we surprised if we eat poorly and neglect to take the necessary steps to detox that we are loaded with “Co-infections?”, “Parasites?”, “Auto-immune Disease?”

There are so many products on the market that promise to detox our body in one simple step...just take these pills for one month (\$199.00) and you will feel great and lose weight (don't be alarmed if you have diarrhea for the entire month!)

So why doesn't our body's “waste removal system” work anymore? How can we help it? Will effective detoxification work to combat our Lyme disease?

Chapter One – The Basics of Detox

Practiced for centuries by almost every culture around the world — detoxification is about removing the toxins that our natural detoxification system can't remove, and about resting, cleaning and nourishing the body from the inside out.

By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease, and renew your ability to maintain optimum health.

"The body has its own natural healing system," says Peter Bennett, N.D., medical director of Helios Clinic in Victoria, B.C., and co-author with Stephen Barrie, N.D. and Sara Faye, of 7-Day Detox Miracle (Prima Health). "Detoxification enhances this system," he explains.

How Does Detoxification Work?

Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for

elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin.

However, when this system is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

A detox program can help the body's natural cleaning process by:

1) Resting the organs through more effective sleep and giving your digestive tract a rest through a liquid diet or fasting;

2) Stimulating the kidney and liver, the bases of our body's natural detox system, to drive toxins from the body;

3) Promoting elimination through the intestines, kidneys and skin through ingesting a combination of specific herbs, roots, bark and specific natural helpers

4) Improving circulation of the blood through self-massage (qi gong) limited exercise and reiki; and

5) Refueling the body with healthy nutrients ([See Five Element Shake](#)).

"Detoxification works because it addresses the needs of individual cells, the smallest units of human life," says Bennett.

How Do You Know if You Need to Detoxify?

Bennett suggests that everyone should detoxify at least once a year, and even more if you are fighting illness.

For the very sick, a person could perform enemas every week. A short detoxifying program is generally safe; in fact, scientific studies show that a detoxification program is always beneficial for health.

However, Bennett cautions against detoxifying for nursing mothers, children, and patients with chronic degenerative diseases, cancer or tuberculosis. Consult your health care practitioner if you have questions about whether detoxing is right for you.

Today, with more toxins in the environment than ever, I recommend [Quantum's Detox programs](#) for your specific body type. Study the programs listed on the Program page and then call the owner of the company if you are unsure. Quantum detoxification programs eliminate symptoms such as unexplained fatigue, sluggish elimination, irritated skin, allergies or low-grade infections; bags under the eyes; a distended stomach even if the rest of your body is thin; menstrual difficulties; or mental confusion.

Chapter Two – Herbs and Teas

I would normally begin this chapter with a thorough review of the cheapest and most effective method of detoxification available – water. If you could only do one thing – just one thing toward detoxing your body, I would say buy [Water For Life](#) and substitute every drop of beverage that enters your body with clean ionized water.

But I wrote a whole book about that “Combat VIII” so we will look at other ways to detox our bodies.

If you prefer pure Chinese herbs the links are direct to a Chinese herb provider.

I continue to recommend Premier Research Group for each of these ailments as well. You can view their products at [Quantum Detox Programs](#).

[Herbal Remedies](#)

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Consider herbs such as [Alfalfa, Basil, Burdock, Dandelion, Garlic, Ginger, Gotu Kola, Hawthorne Berry, Milk Thistle, Red Clover and Yellow Dock](#), which are among the best for detoxing and cleansing the system.

[Alfalfa](#) alkalizes and detoxs the body. Can act as a diuretic, balances hormones, eases inflammation, may lower cholesterol. Must be used in fresh raw form to provide vitamins. Contains an antifungal agent. Its high protein and vitamin content make it a good nutritional source. Medicinal uses of alfalfa include treatment of stomach upset, arthritis, bladder and kidney problems, boils, and irregular menstruation.

[Cilantro](#) is the great metal detoxer! Leaves of the coriander plant (cilantro) can accelerate the excretion of mercury, lead, and aluminum from the body. Cilantro is considered the "poor man's chelation treatment." Simply add cilantro to your diet daily, for two or three weeks. Consider adding a handful of fresh cilantro to a salad, mix a couple of teaspoons of cilantro pesto with whole wheat pasta or have it with your favorite fish or soups.

[Basil](#) has been shown to kill bacteria on the skin surface. Apply this tincture directly to the skin surface on a compress. This works to kill the bacteria that forms as the detox process happens. It is also possible to steep two to three

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teaspoons of dried basil in a cup of boiling water. Allow the herb to steep 5-10 minutes or more in order to extract the healing oils from the plant. Then soak a washcloth or compress in the tea and apply to the areas where pimples, acne or skin eruptions are most present.

[Burdock](#) is a tonic herb and have been used in the treatment of skin conditions. Burdock is an herb that boosts immunity and purifies the blood. It's a traditional liver tonic and a mild, natural diuretic. Burdock's laxative and diuretic properties help remove toxins from the system. The Chinese utilize it against tumors, inflammation, fungal and bacterial infections. It is often recommended for dry, scaly skin. You can take burdock in capsule form (follow the directions) or make a acne fighting tea. Burdock root tincture may be taken in 2-4 ml amounts per day. Dried root preparations in a capsule or tablet can be used at 1-2 grams three times per day.

[Dandelion](#) is a leading remedy for detoxing the liver. It stimulates the flow of bile, a fluid that aids fat digestion, which is why it's used for liver and gallbladder disorders. Dandelion has scientifically documented potent diuretic properties. It relieves constipation and eases bloating and swelling. Dandelion should be used for 4 to 6 weeks at a time. For it's liver benefits, dandelion is helpful for detoxing.

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[Garlic](#) controlling free radicals, countering the tendency of the blood to clot, and possibly reducing blood pressure and cholesterol levels, garlic has many benefits. Preliminary evidence suggests that regular use of garlic may help prevent cancer. Garlic may be an effective antibiotic when it contacts the tissue directly, but there is no evidence that it works like a standard antibiotic, spreading throughout the body and killing organisms everywhere. Garlic has known antifungal properties, and there is preliminary evidence suggesting that "Ajoene", a compound derived from garlic, might help treat athlete's foot. Garlic has also been proposed as a treatment for asthma, candida, colds, diabetes, and vaginal infections.

[Ginger](#) is used for the prevention and treatment of various forms of nausea. These include motion sickness, the nausea and vomiting of pregnancy (morning sickness), and post-surgical nausea. Ginger has been suggested as a treatment for numerous other conditions, including atherosclerosis, migraine headaches, rheumatoid arthritis, high cholesterol, burns, ulcers, depression, impotence, and liver toxicity. Stops cough and stops vomiting. In traditional Chinese medicine, hot ginger tea taken at the first sign of a cold is believed to offer the possibility of averting the infection.

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[Gotu Kola](#) is the blood purifier. Commonly used to help protect and repair or heal the skin, blood and nervous system. It combats stress and improves reflexes. Antidepressant, improves memory and reduces mental fatigue. The nuts, roots, and seeds of this herb are used in cardiovascular and circulatory disorders, fatigue, kidney stones, poor appetite and sleep disorders.

[Hawthorne Berry](#) may help strengthen the heart, help increase blood flow, encourage healthy blood pressure levels and maintain healthy arteries. Useful for anemia, and circulatory disorders, high cholesterol and lowered immunity. High in Vitamins B & C, it is also used as a kidney tonic. Often used as a digestive aid.

[Herbal Foot Patches](#) are made from bamboo vinegar, an ingredient Japanese scientists have proven has the ability to draw out toxins from the body. These foot detox pads are well renowned and have been used in Asia for years and are just now being recognized for their health benefits in the West. The feet are a **"detox portal"**, and that keeping your body clear of toxins may help you live a longer, stronger and healthier life. Detox patches are said to stimulate nerve endings on the bottom of your feet, due to its combination of Qi moving herbs, which in turn stimulate the secretion of lymph fluid. Now that we know why it is crucial to cleanse and detoxify our body regularly, we have to know how to do it

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properly. These disposable patches are said to have the ability to pull out the impurities in your body by focusing on the acupressure points in your feet.

[Milk Thistle](#) is the great liver detoxer! The importance of milk thistle in cleansing your liver, may decrease your chances of developing cirrhosis, chronic fatigue, PMS, and cancer. The fruits, leaves, and seeds in any form, contain some of the most potent liver protecting substances known. Protects the kidneys and is good for adrenal disorders, bowel disorders, and weakened immune systems.

[Red Clover](#) is an herb suggested for chronic conditions affecting the skin. It is a diuretic, but it's unknown exactly how it works for skin conditions. Use non-fermented red clover which is safe.

[Triphala](#) is a traditional Ayurvedic Indian herbal compound used for constipation and poor bowel tone and is designed to support the body's natural cleansing process. It is one of Ayurveda's most important herbal formulas for thousands of years. Triphala is a balanced blend of three Indian Herbal Fruits: Harada, Amla, Behada. This combination of fruits is unique because the astringent qualities of the fruits serve to tonify the colon therefore promoting internal cleansing naturally. This is highly recommended for anyone doing a detox program.

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[Yellow Dock](#) is another herb that purifies the blood. It has compounds called anthraquinone glycosides that stimulate bile production, aiding digestion and cleansing the liver. Some herbalists believe that chronic skin problems like acne improve with long-term use of yellow dock. **Warning: Don't take yellow dock if you have kidney stones.**

http://www.1stchineseherbs.com/Chinese_and_Western_herbs_Index_page.html
[Herbal Combinations and Formulas](#)

Herbal tinctures are concentrated liquid extracts of the medicinal properties of herbs. Tinctures represent one of many different ways to prepare and use herbs. The terms tincture and extract are often used interchangeably.

Shake the tincture bottle well. As a dietary supplement, place 1 to 3 droppers (under the tongue, or in juice or water as needed, 2-3 times a day.

[Acne Support](#) Burdock, Black Walnut, Chaparral, Blessed Thistle, Red Clover.

[Blood Purifier](#) Pau D' Arco, Red Clover, Yellow Dock, Burdock, Sarsaparilla, Dandelion, Cascara Sagada & Buckthorn.

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[Circulation Support](#) Hawthorn berries, Ginger, Angelica, Bayberry Bark, Hyssop, Prickley Ash bark, Cloves, Cayenne.

[Essiac](#) Burdock, Sheep Sorrel, Turkey Rhubarb & Slippery Elm.

[Headache Support](#) White Willow Bark, Feverfew, Chamomille, Peppermint, Scullcap, Catnip, Fenugreek.

[Immunity](#) Astragalus, Pau D'Arco, Suma, Dandelion root, Oatstraw, Kelp.

[Women's Balance](#) Chaste Tree, Dong Quai, Red Raspberry, Dandelion, Blessed Thistle, Gota Kola, Kelp & Licorice.

[Herbal Teas](#)

In a stainless steel pot, boil desired amount of water. The moment it boils turn the heat off. Add the following herbs in an infuser, muslin bag or tea ball for a single cup or add one-three teaspoons of herbs per cup for larger amounts. **Allow the herbs to infuse** for up to 5 minutes. Drink 3-4 cups a day. For flavor-add lemon and sweeten with Stevia or organic honey. These herbs are helpful for gently cleanses, purifying, detoxing, anti-inflammatory. This powerful formula will

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help remove accumulated toxins in the body. Strong antioxidant, cleanses the colon and stimulates circulation.

[Alfalfa Mint Tea](#) - This great tasting tea helps to detox the system, eases inflammation, lowers cholesterol, balances hormones. Helps in digestive and skin disorders. Provides great vitamins in this form. Alfalfa and Peppermint.

[Detox Tea](#)-This powerful formula will help remove accumulated toxins in the body. Strong antioxidant, cleanses the colon, reduces cramps, and stimulates circulation. Rosehips, Red Clover, Ginger, Nettle, Alfalfa, Dandelion, Goldenseal Leaf, Echinacea, Pan D'Arco, Burdock, Clove, Stevia.

[Digestive Tea](#)-Demulcent herbs especially blended for gas, diarrhea, and ulcers. Helps soothe an upset stomach. Helps in digestion and is good for heartburn, indigestion, circulatory problems, and nausea. Peppermint, Papaya Leaf, Hibiscus, Mint.

[Energy Tea](#)-No caffeine. Provides important vitamins and minerals. Increase blood flow, circulation, and oxygenation. Decreases fatigue and depression by

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stimulating the nervous system. Roasted Chicory Root, Roasted Dandelion Root, Guarana Root.

[Female Balance Tea](#)-Refreshing tea for PMS symptoms, menopausal symptoms such as hot flashes. Helps restore balance to hormones, estrogen and nourish the female system! Builds the reproductive system. Dong Quai, Black Cohosh Root

[Immune Builder Tea](#) -When taken on a regular basis, this tea helps to build and strengthen the immune system. Cat's Claw, Olive Leaf, Hawthorne, Peppermint, Spearmint.

[Male Balance Tea](#)-Stimulating mixture of herbs and minerals. Builds vital energy. Strengthens the adrenal and reproductive glands. Useful in circulatory problems, diabetes, lack of energy, and stress. Hawthorn Berry, Eleuthero Root.

[Sleepy Tea](#)-Soothing blend of herbs for relaxing moments or right before bed. Helps in relieving stress and anxiety, indigestion, and insomnia. Valerian Root, Chamomile Flowers.

[Slim Tea](#)-Appetite control. Will flush excess water. Helps to firm and tone. Useful for circulatory problems, acts as a diuretic, eases inflammation and balances hormones. Blackberry Leaf, Myrtle Leaf, Uva Ursi Leaf, Rose Hips, Alfalfa

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Leaf, Nettle Leaf, Juniper Berry, Psyllium Husk, Licorice Root, Sage Leaf.

Aromatherapy Remedies

Essential oils recommended are [juniper, lavender, orange, rosemary, rosewood, tea tree, thyme](#) ...These essential oils work as an antiseptic, diuretic and fight infection. Excellent for their detoxification properties. Stimulates lymphatic circulation, improves immunity. Stimulates the adrenal glands, circulatory system, liver, gallbladder, promotes nerve health

[Juniper](#) This oil is an antiseptic, diuretic and fights infection. Excellent for its detoxification properties. In small quantities it can help alleviate urine retention, though in large quantities the opposite is true. Excellent oil for urinary tract infections. A good oil for skin conditions such as eczema and dermatitis, though the condition may appear to get worse before it gets better, as is the case with most forms of natural healing. **Warning: Avoid during pregnancy. Activates the kidneys. Consult your healthcare provider with kidney problems.**

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[Lavender](#) This oil is an amazing therapeutic oil. Stimulates new cell growth, lifts depression, calms nerves, fights infection, reduces inflammation, and eases congestion. Relieves pain and muscle spasm. Lowers blood pressure.

[Orange](#) Stimulates lymphatic circulation, improves immunity, fights infection, reduces inflammation, relieves muscle spasm, eases digestive disorders. Cools fever and warms chills, calms nerves, diminishes depression. **Warning: may irritate skin, promote photosensitivity. Avoid going in the sun while using this oil.**

[Rosemary](#) Stimulates the adrenal glands, circulatory system, liver, gallbladder, promotes nerve health, improves the functioning of the heart and nervous system. Tones and tightens the skin, regulates oil secretion, fights infection, joint pain, muscle spasms, and eases digestive orders. **Warning: This oil may trigger epileptic seizures in prone individuals, may irritate sensitive skin. Avoid if you have high blood pressure.**

[Rosewood](#) relieves pain, fights infection, diminishes depression, stimulates the brain, clears the head, improves immunity, helps skin disorders, stimulates sexual desire.

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[Tea tree](#) fights infection, and fungi, soothes skin disorders, heals wounds.

Releases mucous, relieves respiratory congestion. Increases immunity. Kills insects. Excellent for foot, nail fungus, athlete's foot. **Warning: May be irritating to sensitive skin.**

[Thyme](#) fights infection, improves immunity, eases pain of arthritis, eases muscle pain, improves digestion, relieves urinary tract infection and respiratory ailments. Improves circulation, elevates blood pressure. Overcomes emotional fatigue, nervousness, and stress, regulates oiliness of skin, regulates skin disorders. **Warning: Avoid during pregnancy, or if you have hyperthyroidism, or high blood pressure. Can irritate or sensitize skin and mucous membranes, stimulates menstrual flow.**

Chapter Three – Diet and Natural Products

Adopting A Healthy Lifestyle

1. Eating a diet that focuses on fresh vegetables and fruits, legumes, nuts and seeds and whole grains are extremely important.

2. Regular exercise, which gets your body moving and sweating.

3. Quality sleep, where you do not have trouble falling asleep, staying asleep and wake feeling rested.

4. Avoiding drugs and excessive alcohol. The problem is not only illegal substances like cocaine, heroin and marijuana, but we are solicited constantly by legal substances that pollute the body such as habit forming sleeping pills, excessive antibiotics that destroy not only the bad bacteria, but the healthy bacterial flora and the constant ads for alcohol.

5. Nutritional and herbal supplements to protect and enhance liver function, the kidneys ability to process and the digestive system's regularity,(discussed below).

6. Improving our mental/emotional process by stopping the mental chatter, approving and accepting ourselves and loosing the emotional baggage that drags us down.

7. Taking a spiritual approach by looking beyond the little things that get in the way and accepting and trusting the "Universal Power" or energy to guide you. Take a look at the big picture!

8. Decluttering the toxic waste around you including the clutter in your home/office, the friends or loved ones that poison your thoughts and actions and the environment that is making you sick.

9. Knowing that YOU are in control of your life.

10. That you have the power to do something about that will make a change.

Managing Your Detox

Top 7 Tips for Detoxing

1. Eating a diet that focuses on organic chemical free fruits and vegetables or one to two 32 ounce servings of [Green Mix](#).
2. Eat whole grains, legumes, nuts and seeds.
3. Consider investing in the [Total Gym](#) for a realistic, regular exercise program.
4. Avoid drugs and excessive alcohol and clean up with [chemical detox](#).
5. Taking [high potency vitamins and minerals](#) according to your bodies needs to protect and enhance organ functions.
7. **Fasting is one of the quickest ways to increase elimination of waste** and enhance the healing process of the body.

In general, it is usually **recommended that you begin with the intestines**. The reason for this is if you focus on the liver first, the stored toxic substances that are released from the body tissues may become reabsorbed if the bowels are not

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moving adequately enough to expel them and can monitor your progress throughout the program.

The most easy, inexpensive and effective methods of detoxification are breathing, exercise and specific beverage and dietary regimens. Keep in mind that the goal is to achieve a healthier way of eating, not weight loss, or to rid the body of all bacteria. In fact, "the good bacteria," known as a [probiotic](#), is necessary in order to remain in good health.

Chapter Four – Breathing

Oxygen is one of the most important nutrients in the human body.

It is possible for the body to go months without food and days without water, but only a few precious minutes without oxygen before the body suffocates.

Breath really is the source of life, even though we do it naturally, and therefore do not give it much thought. Take a moment and focus on your breathing - you may be surprised at the shallowness of your breath.

Learning to breathe deeper and take in more oxygen. It can have wonderful detoxification benefits. By bringing more oxygen into the body, deep breathing is one of the best ways to get more of the blood's waste, or carbon dioxide, out of the body.

Deep-breathing techniques are also extremely effective in handling depression, anxiety, and stress-related disorders.

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Just take a second and allow yourself to breathe deeply for a few moments. You will immediately notice your heartbeat slows and you will feel significantly more relaxed.

When people do not take in enough oxygen and exhale enough carbon dioxide, it can have consequences such as fatigue, mental fog and decreased tissue function.

These problems are often thought to be problems with diet, but the brain cannot function properly if it is not receiving an adequate supply of oxygen.

Shallow breathing (or chest breathing) causes a constriction of the chest and lung tissue over time, decreasing oxygen flow and delivery to your tissues. Deep, rhythmic breathing expands the diaphragm muscle, which expands the lung's air pockets, invoking a relaxation response within the body, and massaging the lymphatic system.

The lymphatic system acts sort of like the body's sewer system. Blood flow carries nutrients and ample amounts of oxygen to the body, while the lymphatic system carries away destructive toxins. The consequence of a sluggish lymphatic system is that you cannot detoxify properly.

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Deep breathing serves as a kind of pump for the lymphatic system. If you aren't breathing deeply or moving regularly, chances are your lymph fluid is not flowing as well as it could. This can lead to health problems, including weight gain, muscle loss, high blood pressure, fatigue, and inflammation.

Learning how to breath more deeply and fully is a vital way to keep the body's cleansing and detoxifying systems working at full capacity. Proper breathing is especially important when working out, because your body uses the oxygen as a source of energy.

Shallow breathing when working out can cause a significant reduction in the amount of intensity and time your body can exercise. By taking a few moments in your day to really pay attention to the inhalation and exhalation that supports your life, you will balance and clean the body. Remember, small changes add up to big improvements.

Some other breathing exercises will give energy at the same time it is cleaning you from the inside out:

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Want a diaphragmatic breathing exercise for energy, alertness and clear thinking? This exercise is not only calming and relaxing but easy to learn and takes only a few minutes of your time. It's even helpful on headaches!

As with all meditations, this one is also a brain exercise, because it promotes the creation of neural pathways — good for detoxification, brain health, intelligence, creativity and general cognitive ability.

It's especially good for whole-brain functioning or whole-brain synchrony and hemispheric balance by thickening and strengthening the corpus callosum.

This corpus callosum is a broad thick band of brain tissue made of massive nerve fibers that acts as a bridge between the left and right hemispheres of your brain. It's what allows your hemispheres to communicate in whole-brain thinking.

Most of us tend to be predominantly left- or right-brain thinkers, creating an imbalance in hemispheric brain activity and development. Want a healthy toxin-free brain? You have to develop whole-brain health, which translates into hemispheric balance.

“Alternate Nostril Breathing” is a technique that specifically promotes whole-brain development and hemispheric balance. When you breathe in through the

left nostril, you are actually promoting right brain activity. Likewise, breathing in through the right nostril will activate the left hemisphere.

By alternating your breathing between left and right nostrils, you are creating healthy brain development. This brain exercise will help with mental clarity and alertness, giving you energy and vitality.

Suffering from a headache? Breathe it away with this simple breathing exercise. Alternate Nostril Breathing increases oxygen in the brain. Since our brain utilizes more than eighty percent of all the oxygen we breathe in, the best way to treat a headache is to feed the oxygen-starved brain.

Alternate Nostril Breathing also cleanses your body of toxins and contaminants and frees you of debilitating ailments that result from toxicity in your body. If you have a lot of toxicity in your body, practice this breathing exercise for short periods of time on a regular schedule with your other breathing strategies.

Steps For Alternate Nostril Breathing

1. Assume a meditation posture.

2. Use your thumb and index finger to press down on one nostril as you alternate breathing through one nostril: Start with pressing down on the right nostril as you breathe in through the left nostril.
3. Switch and press down on the left nostril as you breathe out through the right. Continue with an inhalation through the right nostril.
4. Switch by pressing down once more on the right nostril as you breathe out through the left nostril. Then inhale again through the same left nostril.
5. Practice basic diaphragmatic breathing (also called abdominal breathing) with your single nostril inhalations and exhalations.
6. Also, make sure your lips are pressed gently closed, tongue resting against the ridge of your upper teeth and palate.
7. Repeat these steps for anywhere from ten to 30 minutes per sitting. If you are a beginner in qigong/chi kung or yogic breathing, or if you have a lot of toxicity in you, five minutes of practice should be enough.

That's it — both a diaphragmatic breathing exercise and brain exercise in one, Alternate Nostril Breathing is a simple exercise to learn and practice every day with excellent detoxification benefits.

Chapter Five – Chinese Medicine

Traditional Chinese Medicine (TCM) is the oldest, continually practiced, and professionally administered health care system in the world. It is a documented medical system spanning over 2,500 years based on comprehensive philosophies, rational theories, clinically tested and empirically verified by over 100 generations of highly educated practitioners.

Chinese Medicine is a total system of internal medicine which is comprised of a diagnostic procedure based on signs, symptoms and treatment styles including acupuncture, herbal medicine, exercise, diet and meditation. It's foundation is based on the principles of balance; the interdependent relationship of Yin and Yang. Through this balance, health is achieved and maintained.

According to Traditional Chinese Medicine, an imbalance of energy or "Qi" in a particular meridian or organ system can cause physical, mental, and emotional symptoms. When emotions are held on to over long periods of time, or when they result from a particularly stressful or traumatic event, they can become causes of illness.

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Emotions also can result from an imbalanced flow of Qi or blood. Therefore, emotions can be the cause or the symptom of a disorder.

For example, prolonged anger may damage the energetics of the liver, the organ with which it is associated with. On the other hand, an imbalance in the energetics of the liver may result in your feeling either constant anger or the inability to feel anger. This is because each emotion affects the flow of Qi in a different way. When you are angry, the Qi rises to the neck and shoulders. When you are fearful, the Qi descends to the feet. We experience a sinking feeling when we are afraid. When we are angry, our neck and shoulders tightens.

Acupuncture is an effective therapy for detoxing. Acupuncture redirects your Qi or vital energy into a more balanced flow. It provides support to the underlying energetic spheres affected by your anxiety, helping to resolve the cause or effects of your stress. Acupuncture releases tension in the muscles. This allows increased flow of blood, lymph, and nerve impulses to affected areas, decreasing the stress experienced by you. Acupuncture also is effective in relieving the physical symptoms associated with stress-related and toxic disorders, such as:

*Diarrhea

*Headaches

*Constipation

*Insomnia

*Nausea

*Bloating

*Body aches...

The specific course of treatment depends on the **nature and severity of your symptoms**. Acupuncture treatment for detoxing, for example, may last approximately six to ten weekly sessions.

The National Acupuncture Detoxification Association (NADA)

As an acupuncturist, I have used the NADA protocol for controlling nicotine addiction, drug and alcohol dependency and sexual addiction on hundreds of patients, all with reasonable to great results. Not to mention great results with stress reduction.

The NADA protocol is simple, yet quite effective. Drug, alcohol and tobacco addictions are major problems that affect tens of millions of people in America. This is not just a problem in America, but is occurring worldwide.

The addition of acupuncture into the treatment for addiction seems to be very beneficial, and almost the single ingredient that helps the protocol succeed. There are numerous benefits for patients by using this protocol.

Traditional Chinese Medicine detoxifies the body system through the organs, primarily:

The Lung and Large Intestine

In TCM, the lungs are an organ system that opens directly to the exterior. It's function is to regulate and control the breath through inhalation and exhalation. Because of its opening through the nose, the lungs are easily susceptible to cold, heat, dryness, dampness, and most of all, heat and wind.

This can affect the biggest organ of the body; the skin. The lung is closely related to the large intestine. The large intestine controls the transformation of digestive wastes from liquid to solid state and transports the solids onwards and outwards.

It plays a major role in the balance and purity of bodily fluids and assists the lungs in controlling the skin's pores and perspiration. It depends on the lungs for

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movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure.

The lungs expel toxins through breathing, especially deep breathing.

Deep breathing stimulates lymphatic flow, which eliminates toxins.

The skin eliminates waste and toxins through perspiration.

The colon eliminates toxins from the liver and digestive tract. The lungs are our attachment to the breath of life and the large intestines is it's buddy.

Incorporate deep breathing and exercise along with a tall glass of psyllium husk to get things moving.

The Liver and Gallbladder

In TCM, the liver is the "farmer who cultivates". It stores blood, governs and regulates the blood, organizes the "free flow" of Qi energy to promote circulation which cultivates our emotions, soothes digestion, regulates menstruation and bile secretion.

The liver changes harmful toxins into substances, which can be eliminated safely the colon or kidneys. The liver is our master cleansing organ and the gall bladder is its mate. Enjoy a tall glass of water with a 1/2 lemon squeezed into it.

The Spleen and Stomach

In TCM, the spleen transports and transforms food and body fluids for transporting, for absorption, raises the body energy and controls the blood by keeping it in the vessels. When improper function occurs with the Spleen there is weight gain, high cholesterol, hypertension, bleeding disorders, dampness and a heavy sensation, muscle weakness and atrophy.

The **blood** and **lymphatic system** transport waste and toxins to other areas for elimination, including cellular waste. The stomach is the center of our 'gut feelings' our immune system center and the spleen (pancreas) is it's associate. Eat the cleanest, purest foods that are the least processed. Enjoy health probiotics found in yogurt and acidophilus. Avoid greasy, fried foods.

The Kidneys and Bladder

In TCM, the kidneys store our essence or the basic materials that make up our constitution and the reproductive fluids that create life. All organs are dependent on the Kidneys for proper growth, reproduction, water flow and control and the balance of "fire and water".

The liver sends water soluble waste to the kidneys, where they are further filtered and passed through the bladder for elimination. The kidneys filter

nutrients and waste from the blood. The kidneys are our major filter and the bladder is its friend. Boil 4 cups of water and a handful of corn silk. Drink this tea for amazing results.

Healing Touch Therapy:

There are many different approaches to massage and applications of it.

"Massage Therapy" is a holistic procedure that affects all systems of the body; digestive, elimination, respiratory, circulatory, lymphatic, endocrine and nervous systems. Many of today's health problems arise from stress. Because stress upsets the delicate integral balance of all your body's functions, regaining this balance requires a holistic approach.

Massage Therapy and **Lymphatic Drainage Massage** not only treats those parts of you which are a problem, but also affects the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning.

Massage is effective for detoxing the whole system and can be done with soothing massage oils or relaxing body lotions in order for the practitioner's hands to "glide" over the body with smooth, relaxing strokes.

The Crystal Facial Massage works on a deep esoteric level allowing not only the physical body enjoyment and total relaxation but the stones will enhance a positive, reconnecting flow of energy which will allow you to bring up, recognize and clear emotional blocks.

Hot Stone Massage Therapy is recommended for this condition. It is an ancient Ayurvedic therapy with river bed stones which draw out stress, tension and impurities from the body.

Emotional Aspect:

There is an emotional aspect to every illness. Often times, it is the emotional thoughts or "excess emotions" that will lead to illness.

The following therapies are utilized for calming the mind, help with stress relief and focuses on our mental powers over any situation. The ability to balance your emotional, mental, physical and spiritual self is up to you. Here are some suggestions:

Chapter Six – Hydrotherapy

Hydrotherapy

The mysterious and amazing healing power of water has been utilized for centuries. Water cleanses, refreshes and restores all life. We are always drawn to water. Be it a soothing fountain or majestic waterfall. Water is a carrier. It flows. It moves along the line of least resistance to find its way to the ocean where comes and goes in the ebb and flow of tides and waves. The appeal is inexplicable! We crave water, maybe because our bodies are made up of a large percent of it. Maybe because we instinctively know how it can heal us.

Hydrotherapy is the use of water in any form, in the treatment of dis-ease. Hydrotherapy was used by the ancient Greek physicians. The use of baths for such purposes as well as for religious purification, personal cleanliness, and private or social relaxation dates from at least the time of ancient Greece. A German, Vincenz Priessnitz, popularized the use of spas in Germany and elsewhere in Europe, where they are still popular today.

Hydrotherapy has a number of uses. Warm water will relax spasm; thus, hydrotherapy has been useful in treating such conditions as muscular strains and sprains, muscular fatigue, and backache. Heat is often used in conjunction with massage or other manipulative or simulative treatments, such as the whirlpool bath. Sitz baths (sitting in hot water) are effective in the treatment of many disorders. Water is also useful in physical therapy because patients who exercise in a buoyant medium can move weak parts of their bodies without contending with the strong force of gravity.

The neutral bath has a balancing effect on anxious or irritable people.

Instructions for a neutral bath: Fill your bathtub with water slightly cooler than body temperature, around 94° to 97°F (You can check the temperature of the water with a regular thermometer.)

As the tub fills with water add 2 cups of Epsoms Salt to the bath water for a soothing, muscle relaxing soak. Submerging as much of your body as possible, stay in the bath for at least 20 minutes, adding water as needed to maintain the temperature of the bath.

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Consider a relaxing bath with the cleansing calming effects of Epsoms Salt with Lavender oil added. Or mix some of your most relaxing oils for a truly relaxing and tetoxifying bath.

Consider **cleansing the nasal passages** with a [Neti Pot](#). This Ayurvedic solution has been used for centuries to keep the nasal passages clear of mucus and congestion.

Steam baths and dry saunas have been used as healing therapeutics for centuries. Perspiration is one of the best ways to detox our system. Sweating helps rid the body of wastes products, regulates body temperature, and invigorates our largest organ, the skin. Steam increases white blood cells which protects and strengthens our immune system. **Medical studies show** that frequent steam baths help reduce stress and keeps your circulatory system running smoothly. **Warning: If you are pregnant, have diabetes or have heart disease, consult a doctor before taking a sauna or steam bath.**

Try this Detoxification Bath

2 Cups Epsom Salt

2 Cups Baking Soda

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4 Tbsp. Ginger Powder

Place all ingredients in a hot bath and bathe for 20 minutes. Drink plenty of water.

This bath withdraws impurities from your body and helps you to feel better. This bath can be done 2 to 3 times in a week or as needed.

Steam baths are one of the most important time-tested water treatments which induce perspiration in a most natural way. First you sit on a stool inside a specially designed cabinet or a steam room. Before entering, you should drink one or two glasses of cold water. The duration of the steam bath is generally 10 to 20 minutes or until perspiration takes place. A cold shower should be taken immediately after the bath. If you are very weak, pregnant, cardiac patients or suffering from high blood pressure, you should avoid this bath.

If you feel uneasy during the steam bath, you should stop the bath immediately and drink a glass of room temperature water, and then wash your face with cold water.

Body Brushing helps our lymphatic system to remove toxins from the body. Five minutes of dry body brushing before your bath or shower helps to get fluids moving and boosts blood flow. Use a natural bristle brush and take long strokes.

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Start at your feet, brushing up your legs and thighs towards the groin. Work in circular movements over the tummy, then do hands and arms, back and across the shoulders. Use gentle downward strokes on your neck, throat and chest. Your skin may redden and start tingling as the body brushing increases the circulation in areas of greatest concentration.

Chapter Seven - 10 Ways to Help Your Body Detoxify

1. After a detoxification program, you can cleanse your body daily through diet, supplements and lifestyle practices.
2. Eat plenty of fiber, including brown rice and organically-grown fresh fruits and vegetables. Beets, radishes, artichokes, cabbage, broccoli, spirulina, chlorella, and seaweed are excellent detoxifying foods.
3. Cleanse and protect the liver by taking herbs such as dandelion root, burdock and milk thistle, and drinking green tea.
4. Take 2 capsules of [Apple Poly](#) in the AM and PM which is 18 times stronger than the real Vitamin C – NOT ascorbic acid!) each day, which helps the body produce glutathione, a liver compound that drives away toxins.
5. Drink at least 2 quarts of PURE water daily.
6. Breathe deeply to allow oxygen to circulate more completely through your system.
7. Transform stress by emphasizing positive emotions.

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8. Practice hydrotherapy by taking a very hot shower for five minutes, allowing the water to run on your back. Follow with cold water for 30 seconds. Do this three times, and then get into bed for 30 minutes.
9. Sweat in a sauna so your body can eliminate wastes through perspiration.
10. Dry-brush your skin to remove toxins through your pores. Special brushes are available at natural products stores.

Appendix A - The Jarisch-Herxheimer Reaction

A Jarisch-Herxheimer reaction or “herx” as it is commonly called is a predictable and temporary “flare-up” or worsening of symptoms caused by the die-off of certain bacteria.

This condition was discovered and named after the German dermatologist, Karl Herxheimer (1844-1947), and originally observed in syphilis patients.

Although both Lyme disease and Syphilis come from a Spirochete bacteria, their structure is quite different.

Dorlands Medical Dictionary refers to the Herxheimer reaction as *a transient, short-term, immunological reaction commonly seen following antibiotic treatment of early and later stage [infectious] diseases which [may be] manifested by fever, chills, headache, myalgias (muscle pain), and exacerbations of cutaneous lesions. The reaction has been attributed to liberation of endotoxins-like substances or of antigens (a substance which causes an immune reaction) from the killed or dying micro-organisms.*

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Unlike Syphilis, Lyme causes multiple Herxheimer reactions, and can be physically and emotionally devastating.

Some have a reaction within days of effective treatment; while for others, it may take longer. Generally, the longer it takes for a reaction to occur after beginning treatment, the more disseminated the disease is.

These brutal flare-ups can last between two days and two weeks, but there are some who report much longer reactions when treating their disease aggressively (some will try several therapies at the same time with the hope of attacking the disease more effectively).

“You have to get worse, before you can get better!” is a grim consolatory phrase passed back and forth in chat rooms and community forums amongst sufferers on the internet.

But the roller-coaster of pain often threatens recovering patients to greater relapse, as we grasp for the energy to deal with both physical and emotional symptoms.

“It’s just so hard to deal with worsening symptoms after months or years of illness.” complains one long-time Lyme patient.

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The good news is that science clearly shows “herxing” means that treatment is working. The dying spirochetes emit a neurotoxin that floods the body from every active location, and over-stimulate the already weakened immune system. So in general, the greater the bacteria-load, the greater the reaction will be.

Many Lyme-literate doctors recommend [“Smilax”](#), an herb that effectively binds the neurotoxins, and passes them out of the body. Epsom salt baths are also soothing; and very hot baths will also aggravate symptoms, as the spirochetes are threatened by heat, but eventually the hot baths will help keep the disease at bay.

Appendix B –The Frequency Generator

Dr. Royal Rife’s accomplishments with cancer using electronic frequencies have generated quite a bit of confusion.

What did he do?

How can this help you retain good health?

Don’t believe all the hype. Learn the facts. Get this new information that shakes some common misconceptions. This report is from very conscientious researchers. [Click here to get the report.](#)

There are few people who can attest to a complete cure from Lyme disease using Rife technology, and unfortunately the government destroyed his lab and curtailed his work back in the 20’s and now they are still persecuting anything that bears his name.

So instead of Rife machine, you will read about “Frequency Generator” which works on the same principals.

Dr. Royal Raymond Rife is considered one of the greatest scientific minds of the 20th Century. He is credited in the book, *The Cancer Cure That Worked*, as the man who discovered a cure for cancer and many other diseases... simply by using vibrational energy.

I like the ability to sweep through frequencies while sleeping because we really don't know from one person to the next exactly which frequency we're dealing with.

There are many disease-ridden people (especially those with Lyme disease) who swear to have been healed by the GB-4000 Frequency Generator, a digital machine based on the principals of Dr. Rife but using the advanced technology of the twenty-first century.

I selected the GB-4000 based on the convenience of having a programmable system to sweep through a great number of frequencies from allergies to diabetes –whatever is desired. Each person will need to experiment on frequencies based on their own disease, co-infections and underlying body chemistry. This machine comes with a complete list of codes for every conceivable ailment.

Appendix C --Pure Water

Unlike food which can be washed but never purified; or eaten with minerals and vitamins but never reconstituted with the vitamins and minerals Nature intended food to supply our bodies with, water can be purified and energized.

However, the very best treatment for water is a Genesis or Harmony machine (made by Water for Life) which purifies and ionizes each drop of water you and your family use. No more large weekly bills for bottled water. You can rest knowing you are giving yourself and your family the number one health promoting “product” for recovery from Lyme and to help your immune system fight off disease in the future.

I like the water ionizers made by [Water For Life](#) because of the company’s commitment to the highest quality machines. The company is not just run by businessmen, but by doctors who are continually studying the best way to deliver the highest energy water, and hence, the water with the most healing benefits.

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[Water For Life](#) has the ability to turn ordinary tap water (guilty of causing if not contributing to the three most probable causes of sickness, chronic disease and premature aging; (1) high acidity levels in the body, technically called acidosis, (2) damaging run away free radical activity and (3) body dehydration.)

[Water For Life](#) counters high body acidity is caused primarily by the foods we eat and the beverages we drink. Ideally our diet should be 80% alkaline and 20% acidic. In reality the American diet is just the opposite. (See Chapter Four)

When our body pH is lowered (towards acidic) ALL major bodily functions are negatively affected. High acid intake results in the creation of excess acidic waste.

So [Water For Life](#) will protect our kidneys and liver (our chief detoxification organs from acidic overload.)

. Alkaline ionized water contains huge numbers of OH negative ions, molecules that have an extra electron, making alkaline ionized water a VERY POWERFUL antioxidant. As a side benefit, the interaction between OH negative ions and free radicals produces Oxygen providing the body with LOTS of NATURAL energy!

Alkaline ionized water is restructured making it up to six times more hydrating than ordinary water. Smaller water clusters more effectively penetrate cells

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resulting in much more efficient delivery of nutrients and oxygen to cells and removal of waste material and toxins from cells.

Alkaline ionized water actually enables the body to heal itself and to keep itself healthy and free of sickness and disease, what it was designed to do.

Alkaline ionized water is very similar in nature to the famous miracle water of Lourdes France, considered by many to be the fountain of youth.

Appendix D: How to Relieve Symptoms of Lyme.

Due to prolonged periods of inactivity due to profound fatigue, weight gain is a common problem that further erodes your self-esteem.

Weight Gain/Loss with Lyme Disease

Depending on our immune system, genetics, co-infections, eating habits, many of us gain weight and many others lose weight.

Dr. Burrascano insists on a very strict high protein diet with no sweets or starches. For many the adherence to this diet will keep weight at a healthy level. However, if our body is acidic, fat will be stored up around important organs to protect the organs from the destructive acid. This is why pH Balance is so important. For more information [\(read free ebook called Five Element Shake.\)](#)

There are some very frightening pills on the market which promise weight loss, and these short cuts can be very tempting. Our self-esteem is at an all-time low, and extra fat just adds to depression. Not enough weight has the same depressing and physical dangers.

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The best product that I can recommend and use myself is [Apple Poly](#). It actually reduces belly fat. But additionally, apple polyphenols do the following:

- cardiovascular diseases
- cancers
- osteoporosis
- neurodegenerative disease
- diabetes

Polyphenols have also been known to remove oxygen radicals in the body, a substance that may cause cancer and accelerate the process of aging.

But for the first time during a study of apple polyphenols in Japan, there was a significant effect on muscle strength and organ fat. They have also been found to boost the immune system and measurably extend life span!

[Apple polyphenols](#) are made with immature green apples (which are 10 times more potent than mature fruit), exclusively from the peels (the richest source of phytonutrients).

[Apple polyphenols](#) are 18 times more potent than Vitamin C, and in addition to the super-modulation of oxidative stress, they appear to play a role in the

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prevention of degenerative diseases, particularly cardiovascular diseases and cancer.

Best of all, apple polyphenols are water soluble, where most other polyphenols are not. This allows for the nutrients to be absorbed quickly and easily.

[Honey and Cinnamon](#) : Mix together in warm water and drink on an empty stomach morning and night. Find out more from my blog.

<http://www.lymediseasresource.com/wordpress/honey-and-cinnamon-for-chronic-lyme-disease/>

[**For more information on how to relieve Lyme Disease symptoms click here.**](#)

Disclaimer

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist. If you don't have one, please find one as soon as possible.

It is vitally important that you find and work with a Lyme disease specialist who can:

- *Try different treatment protocols, and monitor which works best;*
- *Support you through potentially severe Herxheimer reactions (that means your treatment is working);*
- *Manage various symptoms that persist during treatment;*
- *Evaluate whether parasites or co-infections are complicating your disease;*
- *Help you keep your sanity with emotional comfort and support;*
- *Present the most promising of emerging treatment protocols;*
- *Monitor and protect the healthy function of your primary organs through recovery;*
- *Provide appropriate diet, exercise and supplements for total recovery.*

The author of this book is not a medical specialist or a doctor, and is writing this information from research and personal experience.

Be careful with your health! It is up to you.