

Lyme Disease
Combat VIII
Essential Components to Recovery



THE CHRONIC LYME DISEASE SERIES
Jenna S. Smith

"Nature, if given the opportunity is always the greatest healer. It is the physician's role to assist in this healing, to play a supporting role."

Hippocrates

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Introduction

If you have had Lyme for a long time, or if you just found out, treatment protocols can be just as confusing. In fact it is dizzying to hear from various “experts” various “cures” – or worse, that there is no cure at all.

This book has been written for people like you and me who have chronic Lyme disease.

Whether you are at the beginning of your healing journey, or many years into the struggle, you are here now, reading this book for a reason.

You are hoping for a cure. You are desperate to feel better. And you are curious...

Well, I can tell you that many people swear by various alternative protocols, and many more swear by antibiotics with supplements and diets...there are many protocols – I believe – because there are so many unique diseases, (or rather combination of diseases), along with underlying health conditions.

What is clearly true for ALL of us, is that there is no ONE cure.

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What is also clearly true for ALL of us is that we want our lives back.

We want to laugh, dance and sing. We want to feel joy, not a fleeting glimmer of joy but an all encompassing joy that lasts through a whole day or perhaps even a week!

This book will help you no matter what part of your recovery you are experiencing (or not) you need to adapt the information in this book to build a solid foundation for your immune system to take hold.

Do you have any strength left to change your lifestyle?

Chapter One – More Torture

When we are first hit with the symptoms of Lyme, we may still be active and be able to remain so, or we may CRASH and be forced into bed for indefinite periods of time. One of the most common symptoms of Lyme disease is insomnia.

How are we to have hope of any recovery if we can't sleep? Some can't sleep because of the terrible pain in the joints or abdomen or anywhere else. Then there are those who just can't turn their brain off.

Insomnia, for those who have never experienced it is torture. Insomnia with Lyme disease is torture on top of torture.

Well, I have an essential strategy to help you sleep better at night AND beat back your disease....a hot bath with a cup of tea.

You may think I am oversimplifying a very complex – and even terrifying aspect of this disease – believe me, I'm not.

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In fact, this is something that I should have thought of years ago, but I felt so overwhelmed by the number of unbearable symptoms that I went straight to prescription meds to find relief.

Looking back, I realize that my nightly routine of very hot baths probably kept me going for longer than I otherwise would have. My competitive dressage kept me on the road that summer without hot baths and without my ***Sleepy Time*** tea.

My first LLD suggested hot baths with 2 cups of Epsom Salts...by then the heat aggravated all my symptoms and made me feel as though I were having a heart attack, so I stopped.

Now, further along the road to recovery, I am back to my hot baths, and tea – if I have any insomnia, I take 5 – 6 grams of Melatonin. NO MORE INSOMNIA!
(NOTE: I suggest Sleepy Time, not just chamomile.)

So do yourself a favor and get a good night's rest – your recovery will be more attainable.

Chapter Two – Why We Need Water

Water is the basis of life on earth, and water ensures continued existence and progress of life. There is nothing better than good water and clean air for good health to all life forms.

What defines good water?

If you can obtain correct information and gain knowledge about this subject, which hopefully you have already done, then you and your family will be able to benefit from good water – in spite of Lyme.

It is important for us to remember that the natural state of things occur as the cause and effect take place in the nature without any intervention, and no one for or against such natural state can do anything to put a stop to it.

If one drinks clean healthy water, it naturally follows that it will be good for that person and his or her health.

There are multitudes of people and businesses selling easy health nowadays; however none would take responsibility or back up what they claim. Everyone

must understand that ultimately the only person responsible for maintaining good health is themselves.

Humanity and all other life forms cannot exist without water.

Although life of earth spans over 10 billion years, during all this time, the amount of water on earth neither increased nor decreased by a single drop, due to the fact that even though we drink and use water, water itself does not disappear but gets continuously recycled.

Waste water which goes down the drain through the sewers, adds to the rivers, and eventually reaches the sea; during this process all contaminants and dregs are cleansed, heated by the sun and evaporated, treated with ultraviolet rays, water combines with gases such as oxygen, hydrogen, and others.

Evaporation condenses into clouds; clouds turn to rain or snow to fall back to earth, while seeping into the ground, water becomes infused with minerals such as calcium, magnesium and others.

This is how the earth and the sky recycle water, utilizing the energy from the earth and the energy from the sun, water helps to maintain humanity as well as all other life forms, even though the humanity continues to pollute the

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earth, the earth still works hard to recycle and replenish this treasured resource known as water.

The cup of water we drink today is the same water drunk by our ancestors, and the same water which existed since the beginning of earth.

Electrolyzed water's cluster size is the smallest in the world at 54Hz, possesses hexagonal atomic structure and produces abundant activated hydrogen able to capture not only activated oxygen, but it is also alkaline water enabling the cells to maintain optimal ph levels between ph 7.45 ~ 7.35.

Electrolyzed water removes the poison accumulated in the cells, restores the condition of the cells to function at optimal levels, and improves the quality of the cells to protect them from foreign substances and irritants.

Free radicals have been reported by the medical authorities to be at the heart of atopic dermatitis and all other chronic diseases. Modern life style has been called the "breeding ground of free radicals. We now know that oxidation of matters changes the quality of all things. Metals rust, things fall apart, organisms grow old, all of these changes occur over time and through oxidation.

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While oxidation occurs naturally, when the body cannot adequately discharge the excess free radicals produced within, becomes overly acidified and invites diseases to affect the body.

Chronic diseases such as Lyme (and even ageing) can be viewed as "the end of the road of oxidation", that is chronic disease is the fast track end of oxidation, and ageing is the slower track to a same destination.

The reason why electrolyzed water can defeat illness is due to the elimination of free radicals from within our gastrointestinal system, electrolyzed water improves the gastrointestinal environment and reinvigorates the cellular health and functions, and enhances the immune system and the body's ability to adapt to the demands of its environment.

Doctor Kiwamura from Japan was once quoted as saying, ***"Only the electrolyzed water therapy is known to change a diseased body back to a healthy state. Water holds the key in which whether the organism lives or dies."***

Chapter Three – Why We Need Pure, Ionized 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.

There is a very inexpensive way to clean your water using 3 ounces (more is not better – 3 ounces is ALL you need) of Prill beads that can be purchased on Ebay for a couple of dollars.

If you wash and maintain your Prill beads as directed, you never need to buy more beads (unless you want to give them to your family as gifts.)

The next best treatment to water is distillation. A good distiller such as the _____ can be purchased at Amazon for _____

However, the very best treatment for water is a Genesis or Harmony machine 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

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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.

[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.)

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. 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 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.

Chapter Four – Food to Fight Lyme

The body is like a fish tank. Imagine what happens when the filter stops working after a week, or a month. Now try to imagine that fish tank after not being filtered for years. This scenario is similar to what happens to our blood when the pH isn't balanced. The fish in our "body" tank are our cells and the fish water is our body fluids, which transport food and remove wastes.

Is it any wonder that destructive yeast, parasites and bacteria thrive in such a murky environment?

Basically, this is a small example of what we are doing to our internal fluids every day if we don't eat properly. We are fouling them with pollution, smoking, alcohol, drugs, excessive intake of food, over-consumption of acid-forming foods, and any number of transgressions which compromise the delicate balance of our internal fluids.

A body with balanced pH is neither too acidic, or too alkaline too much alkaline can cause terrible health consequences. However, most of us are extremely acidic due to our diet and lifestyle.

Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement) of our internal fluids affects every cell in our bodies. Extended acid imbalances of any kind are not well tolerated by the body. In fact, the entire metabolic process depends on a balanced internal pH.

A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain.

Dr. Robert O. Young states in his book "Sick & Tired" that **the over-acidification of the body is the single underlying cause of all disease.**

In summary, acid terrains in our bodies either cause or at the very least feed all health problems such as:

Weight problems

Perhaps one of Dr. Young's most well known discoveries is his theory of the cause of overweight. He has shown that fat is actually an over-acidification problem.

How can that be?

The body creates fat cells to carry acids away from your vital organs, so these acids literally don't choke your organs to death. ***Fat is saving your life!*** Fat is actually a response from the body to an alarming over-acidic condition.

Healthy bodies are not overweight or underweight . A healthy body naturally maintains its own ideal weight. As alkalizing and oxygenation begins to take place, the body naturally begins to seek its own ideal weight.

Allergies .

The toxins produced within an overly acidic, oxygen deprived body may contribute significantly to what are often called the symptoms of allergy. In addition, the absorption of undigested proteins is a major cause of allergy conditions. The digestive system is weakened, which prevents the total breakdown of amino acids - often causing food allergies. This alone may produce a wide spectrum of severe allergic reactions.

Fatigue .

Fatigue is probably the major symptom or complaint of an overly acidic body. The toxins produced in an acidic body environment reduce the absorption of protein and minerals, which in turn weakens the body's ability to produce enzymes and hormones. This also interferes with the reconstruction of cells and other necessary components of energy production. The result is fatigue, poor endurance, an inability to add muscle tone, and general weakness.

Most of all western medicine focuses on the germ, not the terrain, in spite of the evidence that has been discovered by hundreds of scientists in addition to Dr. Young. Study after study agrees with patient testimonials from Dr. Young and others that when the body is in healthy alkaline balance, germs are unable to get a foothold.

How do we balance our body's pH?

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The first important consideration in correcting our body's pH balance is water.

Like the earth on which we live, our bodies are 70% water. Food cravings are often the body's cry for water. You can test this by tossing down a glass of water the next time you feel hunger pains between planned meals. Conversely, you will notice that hunger pains taper off when your body is properly hydrated.

Obviously diet is a big part of balancing our pH. According to Dr. Young the more green vegetables you can eat the better – six to eight servings per day. Of course they must be organic and free of any possible toxins, and they need to be absolutely fresh.

This presents an enormous problem for those of us with Lyme disease:

- Effort involved in going to the market frequently.
- Financial burden of purchasing vast quantities of organic produce.
- Effort preparing vegetables.

I solve all of these problems with [Quantum Greens](#).

Most “Green” products are like the kitchen sink – at a fraternity! The process of harvesting the tender greens with the nutrients intact is very expensive, and keeping it fresh is even more expensive causing a high quality product to be almost too expensive to bring to market.

However, there are companies like Premier Research Group who are committed to helping people to have access to health promoting products.

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One serving of Premier Research Group's [Quantum Greens](#) can replace the required servings of fruit and vegetables we need for healthy living; bringing us vital nutrient elements and easily digested protein.

So, we can sip all day on alkaline food mixed with alkaline water, which allows our digestive system to rest most of the day, and building the alkaline measurement of our blood.

Premier Research Group also produces a testing strip to measure your pH at home. [You can find the testing strips here.](#)

For acid forming foods to avoid, See Appendix.

Chapter Five – Supplements That Work

Did you know that ascorbic acid is not vitamin C?

Go get your vitamins and start to read the labels: Alpha tocopherol is not vitamin E. Retinoic acid is not vitamin A. And so on through most every other vitamins.

Are you alarmed?

Are you angry?

Vast sums of money have been expended to make you believe these myths – and here we all feel superior in part because of our commitment to vast amounts of supplements to help our immune system fight chronic Lyme.

So here is the truth:

Vitamins are not individual molecular compounds. Vitamins are biological complexes. They are multi-step biochemical interactions whose action is dependent upon a number of variables within the biological terrain. Vitamin

activity only takes place when all conditions are met within that environment, and when all co-factors and components of the entire vitamin complex are present and working together. Vitamin activity is even more than the sum of all those parts; it also involves timing.

Vitamins cannot be isolated from their complexes and still perform their specific life functions within the cells. When isolated into artificial commercial forms, like ascorbic acid, these purified synthetics act as drugs in the body. They are no longer vitamins, and to call them such is inaccurate.

A vitamin is: "... a working process consisting of the nutrient, enzymes, coenzymes, antioxidants, and trace minerals activators."

Most vitamins cannot be made by the body. They must be taken in as food. The best sources then are obviously whole foods, rich in vitamins. Because of soil depletion, mineral depletion, pesticides, air pollution, and erosion, it is common knowledge that foods grown in American soil today have only a fraction of the nutrient value of 50 years ago.

That means a fraction of the vitamins and minerals necessary for normal human cell function. Royal Lee described the American diet as the cultivation and production of "devitalized foods." Dr. Weston Price describes these empty products as the "foods of commerce."

Unfortunately, with big business, the problem of the expense involved in bio-available supplements, the problem has only gotten worse. And for those of us with Lyme or other diseases that require a healthy foundation of vitamins and minerals we need to find *real* supplements.

Vitamins and minerals are not functionally separable. They make each other work. Example: vitamin D is necessary for the body to absorb calcium. Copper is necessary for vitamin C activity. And so on. Mineral deficiencies can cause vitamin deficiencies, and vice versa. Epidemic mineral deficiency in America is a well-documented result of systematic soil depletion.

So that is the other prime difference between whole food vitamins and synthetics: whole food vitamins contain within them many essential trace minerals necessary for their synergistic operation. Synthetic vitamins contain no trace minerals, relying on, and depleting, the body's own mineral reserves.

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Following the German agricultural methods from the mid-1800s, American farmers found that NPK (nitrogen, phosphorus, and potassium) was all that was necessary for crops to look good.

As long as NPK is added to the soil, crops can be produced and sold year after year from the same soil. They look OK. But the other necessary trace minerals vital for human nutrition are virtually absent from most American soil after all these years.

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Many of these minerals, such as zinc, copper, and magnesium, are necessary co-factors of vitamin activity. Depleted topsoil is one simple, widespread mechanism of both vitamin and mineral deficiency in American produce today.

This doesn't even take into account the tons of poisonous herbicides and pesticides dumped on crops. According to the UN, two million tons of pesticides are used worldwide annually.

American agri-business has one motive: **PROFIT.**

Such a focus has resulted in an output of empty produce and a nation of unhealthy people.

The earth's immune system is its soil. To be vital and capable of growing vital foods, soil must be rich in both minerals and soil-based organisms - life forms.

And we're still only talking about people who actually eat raw fruits and vegetables, which is a minority.

Processed food composes the majority of what most Americans eat. The only nutrients in most processed foods are "enriched" and "fortified" (which as you know is advertising hype.)

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Here I will give you the results of my father's research over a period of almost fifty years. He wasn't fighting Lyme disease like I am, but he knew all about the science published in this chapter, and was determined to give his family the vitamins and minerals that would actually be absorbed by the body and keep us all healthy.

You won't be surprised to see Premier Research Vitamins promoted again by me.

I know there are some others that have some excellent products – but I know I can trust every product made by Premier Research Products. They have also gone to the trouble of putting packages together for specific conditions.

[For Lyme Disease](#)

[For Weight Loss](#)

[For Parasites](#)

Or you can [evaluate the other custom programs for specific ailments](#) that have been designed by Dr. Marshall amongst others at the Program Page (above), or you can [scroll through the individual products](#) for many, many more.

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If you can only take one I would suggest [Gold 360](#), however, if you stop buying organic veggies you can easily afford [Quantum Greens](#) too.

Chapter Six – Rest for the Weary

There are four major types of approach to rest and suffering with chronic Lyme disease.

For those of us who knew exactly when we were bitten and have a clear (if not as fast as we want) treatment protocol that appears to be working, chances are we fall into the category of “Keep on Going!”.

If you are able to continue your activities, you need to use your brain to STOP! Refrain from as many activities as possible until you are symptom- free for at least three months.

For those of us who have an acute attack of Lyme disease with high fevers, hospitalization for days to weeks...those of us who have such a severe start tend to fall into the category of “Don’t Move!”

Listen to that voice in your head, follow the doctor’s orders (request the maximum antibiotics he/she will order for you) and sleep as often as possible – also for a minimum of three months of being symptom free for three months.

Then there are those of us who have years and years with chronic symptoms that cause constant pain, but never enough to stop any but the most strenuous activities.

If that describes you, you need to balance the activities into “smart” and “stupid” activities. If any activity causes your body stress, it would fall into the “stupid” category.

In fact if you feel that little tingle of fatigue running up the back of your spine; requiring you to immediately sit down (you know that feeling, right?), then you are doing too much.

Take it easy.

Three months with NO SYMPTOMS!

And finally, there are those of us with pain so debilitating that light, sound, movement of any kind brings us to our knees, and there is absolutely no possibility of any activity of any kind. Sleep is imperative for this group. Truly the biggest problem for this group is to get “back in the saddle” (quite literally for me), and believe me, it takes great determination to attempt any amount of activity because the physical reaction can be so harsh.

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Whichever of the four groups you are in; it is hard to keep a clear thought in your head.

However, we all WANT to think about recovery. But we need to remember that there are steps to recovery: medical treatment, alkaline and ionized water, alkaline food, powerful and bio-available supplements, biofilm busters and someday....ENERGY!!

All of this takes time, and I call it the “YoYo” Recovery because you can PLAN to NEVER have two days in a row that are equal in energy and clarity of mind.

For me, because I am a writer, I have been forced to develop a skill I used to view as a cop-out...patience.

I can assure you that I no longer view those who move slowly as lazy or self-indulgent. This is one of the many things I thank Lyme disease for defining for me. Unfortunately, I don't have enough time – even if I spent the rest of my life trying – to apologize for all of the people I have judged over the years.

I AM SORRY!!

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With Lyme disease, some mornings we are given a teaspoon of energy and we are delighted because that is so much more than not being able to lift my head off the pillow.

Other days I try to push through that scary barrier and land flat on my face. Other times I push through and find MORE energy...there is never any clue as to what to expect.

I will tell you that for me (and once again I STRESS that we are all different) I have learned to listen carefully to my inner – so very quiet voice – that tells me to stay in bed or go tack my horse. (I haven't tacked my horse yet but I will soon. I am determined to do so soon!

If I get a thimble of energy, I am confident that Quantum Max Stress B will increase that energy.

However, determining on that day, will determine the end result.

All this to say: "Don't Give Up!"

Chapter Seven - What Happens Now?

The quality of our health is up to us.

We can justify the poisonous sugar, alcohol or mega carbs, and buy the cheap vitamins that do nothing for us...and yes, we can even buy water at the store and hope that the latest protocol will help us this time.

I guess what I'm saying, (and not just to you, I am guilty too) is that in addition to the incredible diligence we must impose on our lives through the various protocol requirements, that somehow we must reach deep within, and find the strength to impose a strict diet, with the highest quality water, AND fully bio-available vitamins from a company like [Premier Research Group](#).

And yes, in addition to the diet, water, vitamins and treatment protocol, you **MUST** get enough sleep for your body to creep back to its previous level of health.

Regardless of how successful you are, the healing process is long with many ups and downs. In fact I would vow that the days are longer for those of us with

Lyme – perhaps because we have to bear so much physical pain, which is compounded by emotional pain when symptoms flare.

If you are suffering with Lyme disease you need to have as much information on healing protocols as possible. Like tools in a toolbox, different jobs require different tools.

Also, keep in mind:

Most Lyme-literate doctors believe that if a chronic patient doesn't respond to treatment that there is most likely a co-infection present which may mimic or complicate a Lyme infection.

So if you are discouraged because nothing has helped you towards recovery, it could be that you have a nasty co-infection holding back your progress. (Read Combat XII and Combat XIII.)

Secondly, as stated earlier, each of us with Lyme disease has unique chemistry which causes our disease to be completely unique to us.

Therefore, a combination of antibiotics that heals one person may not have any effect on another person.

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I am not a doctor, but I have been bedridden with Lyme disease, Bartonella and Babesia for many years, and I have spent the worst of them (the last four years) researching every aspect of tick-born illnesses.

If you have been infected with Lyme for any great length of time, recovery is bound to be a long and slow process.

If you have recently been infected, your recovery **should be** much faster and less complicated. I stress “should be” because there are some ferocious strains of Lyme that can infect the central nervous system in under 24 hours.

So be prepared to take responsibility for your own health and insist on aggressive treatment.

For help with specific symptoms go to [“How To Relieve The Symptoms of Lyme Disease.”](#)

If you have Lyme disease I hope you recover quickly. And remember, you are not alone.

Appendix A – My Perfect Meals

I have already told you all about my respect for Premier Research Group and my dependence on Quantum Greens and Gold 360 (which is loaded with Noni by the way.)

For those days when I don't have the energy to get out of bed, my husband makes triple doses of each "meal" and tosses down a double portion. If I'm having a good day, I try to make them. They are the perfect pesticide and chemical free meals that build energy, and deliver real vitamins to the place they are needed.

My breakfast is very carefully described in the ***Five Element Shake***. Usually we drink that very fast before it starts to coagulate. Then we take the supplements or required meds at this point before making our lunch beverage.

Lunch consists of a Tablespoon of [Quantum Tomato](#) mixed with [2 drops of D3](#), 1 tsp of [Max Stress B](#), 1 tsp of Himalayan salt, ¼ tsp of cayenne pepper, and [1 tsp](#)

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[of DHLA Nano-plex](#) in 8 ounces of ionized and purified water. Sip and swirl over 3 hours.

Sip all day on Quantum Greens.

Drink another Five Element Shake for dinner. There isn't much more to worry yourself about other than making sure you drink every drop!

No chemicals.

No toxins.

High concentrations of necessary vitamins and minerals.

A new foundation for your health and your family's health.

Appendix B –Detoxification

Lyme-literate doctors agree that killing infectious bacteria is but one part of the process of healing from Lyme disease (and co-infections). Detoxification is equally important to rid the body of parasites and other elements in our bodies that harbor the disease.

Detoxification can also be tricky depending on each person's disease, immune system, allergies and many other contributing factors.

Mercury poisoning is a growing health problem that interferes with the evaluation and treatment of Lyme. The best way to rid the body of heavy metals is regular use of the FAR Infared sauna, but there are some other products that greatly help.

Here is a list of the very best products I have found to help your body detoxify:

- [Heavy metal detox](#)
- [Far infared sauna](#)

- [Liver detox](#)
- [Smilax](#)
- [Detox foot patches](#)
- [Dental detox](#)
- [Parasite detox](#)
- [Chemical detox](#)
- [Psyllium cleanse blend](#)
- [Intestinal nano detox](#)
- [Xeno detox](#)

Remember, our bodies have a wonderful detoxification system built in, so drink lots of spring water, distilled water or ionized water to help move waste out of your body.

Appendix C -Coffee Enema

Why coffee?

The purpose of this enema is to cleanse your liver and assist your body to rid itself of toxins. The caffeine is absorbed through your portal vein and dilates your bile ducts which effectively “flush” the bile out of the ducts. All of the blood in your body circulates through the liver every 3 minutes, so this enema will help cleanse your whole body. It is especially good for people suffering with Lyme disease as the spirochetes like to “hide” in the bile.

Full Strength:

8 oz (1 cup) of organic coffee, and 8 oz of distilled water.

Gentler Enema:

4 oz of organic coffee, 4 oz of chamomile tea, and 8 oz of distilled water.

Instructions:

Mix ingredients together making sure that the liquid is warm, but not too hot (test a drop on the inside of your wrist.) Fill the enema bag and hang it nearby.

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Place a large towel near the bag and set a timer and a jar of Vaseline next to the towel. It helps to have soothing music playing during the enema to help you relax.

Lay down on the towel – you must be on your RIGHT side for the entire enema. Coat the insertion tube with plenty of Vaseline and slowly release the fluid. (I find it easier to use a very small amount, wait 2 minutes and then release it into the toilet to clear out the colon, and then proceed to the full treatment)

Use the clamp to monitor the pressure and flow, slowly fill your colon with about 10 oz of fluid. Don't fill beyond your capacity to hold it in. It is better to use less for longer, than more for shorter. Set the timer for 15 minutes and try to relax. If you feel comfortable, you can add slightly more, likewise if you feel the pressure is unbearable, just stay on your side as long as you can (even 10 minutes is good.)

You may find that it becomes easier as you practice.

This enema can be taken up to 4 times per day, five days per week depending upon pain and symptoms. I find it helpful even once a week.

Make sure to drink 8 oz of distilled water afterwards.

Appendix C: List of Alkaline Foods

Alkalizing Foods :

» **Vegetables**

Garlic, Asparagus, Fermented Veggies (EM -- Effective Microorganisms), Watercress, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Chard, Chlorella, Collard Greens, Cucumber, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulse, Dandelions, Edible Flowers, Onions, Parsnip, Peas, Peppers, Pumpkins, Rutabaga, Sea Veggies, Spirulina, Alfalfa, Barley Grass, Wheat Grass, Wild Greens.

» **Fruits**

Apple, Apricot, Avocado, Banana, Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Melon, Nectarine, Orange, Lemon, Pear, Pineapple, all berries, Tangerine, Tomato, Tropical Fruits, Watermelon.

» **Protein**

Whey Protein Powder, Cottage Cheese, Chicken Breast, Yogurt, Almonds, Chestnuts, Tofu (fermented), Flax Seeds, Pumpkin Seeds, Tempeh (fermented), Squash Seeds, Sunflower Seeds, Millet, Sprouted Seeds, Nuts, Eggs.

» **Oriental Vegetables**

Maitake, Daikon, Dandelion Root, Shitake, Kombu, Reishi, Nori, Umeboshi, Wakame, Sea Veggies.

» **Spices, Seasoning**

Cinnamon, Curry, Ginger, Mustard, Chili Pepper, Sea Salt, Miso, Tamari, all herbs.

» **Other**

Apple Cider Vinegar, Bee Pollen, Lecithin Granules, Probiotic Cultures, Green Juices, Veggie Juices, Fresh Fruit Juice, Organic Milk, Mineral Water, Alkaline Antioxidant Water, Green Tea, Herbal Tea, Dandelion Tea, Ginseng Tea, Banchi Tea, Kombucha.

Acidifying Foods :

» **Fats and Oils**

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Avocado Oil, Canola Oil, Corn Oil, Hempseed Oil, Flax Oil, Lard, Olive Oil, Safflower Oil, Sesame Oil, Sunflower Oil.

» Fruits

Cranberries.

» Grains

Rice Cakes, Wheat Cakes, Amaranth, Barley, Buckwheat, Corn, Oats, Quinoa, Rice, Rye, Spelt, Kamut, Wheat, Hempseed Flour.

» Nuts and Butters

Cashews, Brazil Nuts, Peanuts, Pecans, Tahini, Walnuts.

» Animal Protein

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison.

» Pasta

Noodles, Macaroni, Spaghetti.

» Alcohol

Beer, Spirits, Hard Liquor, Wine.

» Beans and Legumes

Black Beans, Chickpeas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk.

» Waters

Rain Water, Certain Backwash Filtered Water, Distilled Water, Reverse Osmosis Water.

» Dairy

Cheese, Cow Cheese, Goat Cheese, Processed Cheese, Sheep Milk, Butter.

» Other

Distilled Vinegar, Wheat Germ, Potatoes.

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.