

Lyme Disease
Combat III

Miracle Mineral Supplement



THE CHRONIC LYME DISEASE SERIES

Jenna S. Smith

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***"There are only two ways to live your life.
One is as though there are no miracles.
The other is as though everything is a miracle."
Albert Einstein***

Introduction

Chances are, if you are reading this e-book, you or a loved one is suffering with Lyme disease.

If you have Lyme disease, perhaps you have tried treatments that haven't worked.

I know how you feel.

I know how it feels to suffer for many months before even getting a diagnosis, and then having to face the horrible possibility of chronic infection along with a myriad of possible treatments.

For me, I wondered, "Are all these doctors guessing?"

The answer is, "Yes!"

Doctors are guessing based on what has worked for other patients, and depending upon their diligence, what has worked for other Lyme specialists. And each week that passes, there is new information based on treatment and research.

Now depending on the experience with your first Lyme specialist, and the access and/or ability you have to read extensively about Lyme, you may have learned the worst of your disease very quickly, or over a long period of time:

The terrible truth is that currently there is no commercially available test to absolutely determine the presence of Lyme disease in humans, and there is no way to completely rid the body of Lyme disease once it has become chronic.

So what can we do?

According to most Lyme-literate doctors, the answer depends on a wide variety of health factors that vary from one individual to the next (so it is very important to find the best in your area to work with through your treatment and recovery.)

For some who catch it quickly and treat it aggressively recovery may take mere months. However, for some it may take many years to recover to a semblance of normalcy.

Antibiotics remain the most effective treatment for Lyme disease, no matter what your feelings individual feelings are about the dangers using them.

Even the respected herbalist Stephen Buhner agrees that the best hope for a meaningful recovery is appropriately prescribed antibiotics.

This is very difficult to face for those who are unable to tolerate antibiotics due to allergies and/or sensitivities, or for those who are philosophically opposed to all man-made chemicals for healing.

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And for those who can tolerate antibiotics, it is shocking and not just a little bit frightening to face the great quantities and various types of antibiotics that are required for treatment, and this is all in addition to nutritional supplements!

But there is an even greater problem lurking.

After 40 years of pushing antibiotics for any ailment, physicians are now confronting bacteria that have built defenses against those same drugs. Some infectious bacteria that were once treatable have become even stronger and sometimes even deadly.

The reappearance of highly infectious bacteria is caused in part by the overuse and misuse of antibiotics, but the resilience of bacteria also stems from the ingenious biochemistry of the microorganisms themselves. To survive, microorganisms and fungi mutate into resistant strains.

And Lyme disease is the master of mutation!

According to scientists, Lyme bacteria can mutate into other forms at will in a matter of seconds making it very difficult to eradicate; thus requiring several types of antibiotics.

Scientists have also learned that the species of Lyme can mutate into a completely different species within its host – making the number of species impossible to project – in fact, according to scientists at Tulane University, there are different species for every organ in each person's body!

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Accordingly, there are now increasingly different antibiotic “cocktails” that are selected based on primary infection, co-infection, probable strain, doctor preference and personal chemistry.

However, even those who have taken the prescribed “cocktail” - the massive amounts of antibiotics and the great length of time indicated (several years or more is not uncommon), and still the symptoms return.

This book is for those who are eager to cure their disease “naturally” using [Miracle Mineral Supplement](#) invented by Jim Humble.

Chapter One – The Beginning

This chapter is for the **healthy caregiver** who takes responsibility for those infected with Lyme (and co-infections) , and who are interested in using MMS as a protocol to regain their health.

For the patient, Lyme “fog” can make this entire protocol very frightening. The ability to understand the chemistry can be difficult even for some healthy people, but for those suffering with Lyme, the process, the chemistry terms, and the severe warnings in Mr. Humble’s original book (ordering information at [Miracle Mineral Supplement](#)) - they are alarming. However, the procedure for mixing MMS is relatively easy for a healthy person or for someone who has full mental capacity.

MMS is 28% sodium chlorite which becomes chlorine dioxide when it is activated with vinegar or citric acid. Chlorine dioxide is the chemical that kills bacteria, viruses, pathogens and all of the particles in our bodies that don’t belong there. That is the basic chemistry, and for most people that is enough.

For those who are eager to learn more about the mechanics, in addition to Jim Humble’s book, I recommend Dr. Larry Smith’s book called “MMS – Miracle Mineral Solution” available at <http://optimalhealthpress.com/books.htm>.

It is very important that you understand clearly that MMS works very fast for most diseases, and yet unfortunately ***it works very slow for Lyme disease.***

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If you have any brain fog, and are looking for a healing protocol that works quickly, this is not the right solution. If you don't have someone to help you, then this is not the right solution. If you don't have a good Lyme-literate doctor who is managing your treatments, this is not the solution for you.

Your Lyme doctor is critical for helping you to decide on a treatment plan. Do not order MMS and think that you can just throw it together and be better within the year.

Lyme recovery is full of ups and downs. What causes them to happen on a given day is anyone's guess. Administering an unproven protocol while trying to deal with those ups and downs is a truly frightening, and at best, a risky option.

However, stories abound about those who have found the process to be quite manageable and especially helpful in easing symptoms. On the other side of the coin, I know of those who have mistakenly used too many drops and ended up very sick and unable to tolerate a precise dose again, becoming nauseous at the very smell.

You can look up videos on the computer with straight forward instructions to help start and support the protocol. You can also find many personal stories about people who have used MMS for their Lyme disease and endorse this protocol wholeheartedly, and like most anything, you can find the exact opposite.

You are desperate to regain your health. I am too. We need to be careful to rely on those who care about us to help make the decision to try this protocol.

Chapter Two – The Protocol

MMS protocol must be followed very carefully.

You begin with one drop of MMS, add five drops of activator (activator is sold separately or you can use fresh lemon juice, vinegar or citric acid, and set a timer for 3 minutes – don't estimate. For a stronger dose you may cover the container for the 3 minutes. When your timer goes off, you add ¼ cup of water or a juice that does not contain Vitamin C.

Vitamin C will nullify the effect of MMS so make sure that you check the label of any juice. This constitutes one dose. Swallow as quickly as possible.

Take this dose AM, noon and PM. If you don't feel any nausea, increase the dose by one drop of MMS and 10 drops of activator and try this dose for a couple of days. If you feel any nausea at all, you can remain at that dose until your system adjusts to it, or you can back down to the one drop for a few days before trying to increase the number of drops of MMS.

You will continue to follow this pattern drop by drop until you reach 15 drops of MMS and 75 drops of activator. You will remain on this final dose until you are completely well.

Chapter Three - Alternative Application

The problem with nausea is especially problematic for those who need to take the treatment for extended time periods such as those of us with Lyme disease. The only way to avoid this side effect is to avoid the stomach. So, there are two new protocols that have been developed for those who cannot tolerate the oral treatments.

Transdermal Application (applying MMS through the skin) [*Special thanks to Jim Smith who has refined this process for those with Lyme*]:

There are two major differences to this method. First, you add DMSO to the mixture, and secondly, the treatment is more forgiving as you increase doses. You may be able to skip from one drop to three drops and so on until you reach your desired dose. These are the steps to follow:

- 1) Put your drops of MMS in a small bowl,
- 2) Add 5 drops of the "activator" (citric acid, lemon juice or lime juice), for each 1 drop of MMS.
- 3) WAIT 3 minutes (stir at first and every 30 seconds) to make the chlorine dioxide,
- 4) Add 3/4 of a teaspoon of DMSO,
- 5) WAIT an additional 3 minutes (stir at first and every 30 seconds) for the DMSO to bind to the chlorine dioxide.

Putting the Mixture on the Skin:

When the second three minute wait is completed, you can rub the entire mixture onto your skin. Spread the mixture so that it is thin on your skin. This way it will penetrate faster and will create less of a skin rash.

It is very important to rotate where you put the mixture on the skin.

During the "prep" day you will take "One Dose" 3-4 times, where each dose is separated by 1 hour. The first time you may want to put it on your arms. The second time you may want to rub it on your leg thighs. The third time you may want to rub it on your leg calves. The next time you use it you will rotate back to your arms, and so on. The person's back can also be used.

By rotating where you put the mixture your skin has 3 hours to completely recover from the DMSO pulling the chlorine dioxide through the skin.

You also have another way to protect your skin. Ten minutes after putting the "One Dose" on the appropriate place on your body (if you can wait that long), you can put MSM Water on that location of the skin if there is any rash developing. I would use this after every one hour dose.

To make MSM water, take 1 gallon of distilled (only) water, draw off 1 1/2 cups, then add 1 1/2 cups of MSM powder. Shake vigorously. Another way is to heat the distilled water to 125 degrees, then mix in the MSM powder.

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Also after doing your MMS treatments for the day, apply pure virgin organic coconut oil to the area. This is the very best skin lotion, all natural and organic. You could also use the gel of an Aloe plant which is very soothing.

It should be mentioned that latex gloves, rubber gloves or any other kind of gloves should NOT be used to spread any mixture containing DMSO. The DMSO can pull the materials in these gloves through the skin, so make sure you use your bare hands.

Note: If at any time during the you do not feel well, terminate the treatment immediately. This treatment is not toxic, but there may be individuals who have a reaction to the DMSO or chlorine dioxide. This is why we start with one drop!

Sample Schedule:

Let us assume you start at 8:00 A.M. Your schedule would look like this:

Dose #	Time	What to Take
Hour #01-DOSE	8:00 AM (0800)	One Dose
Hour #01-MSM	8:30 AM (0830)	MSM Water ONLY
Hour #02-DOSE	9:00 AM (0900)	One Dose
Hour #02-MSM	9:30 AM (0930)	MSM Water ONLY
Hour #03-DOSE	10:00 AM (1000)	One Dose
Hour #03-MSM	10:30 AM (1030)	MSM Water ONLY
Hour #04-DOSE	11:00 AM (1100)	One Dose

You are DONE (no MSM is needed after the last "One Dose").

This would be a good time to apply the coconut oil. It doesn't matter what time of the day you

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take the actual treatment. That is up to you, ***but from beginning to end it is 3-4 complete hours.***

The most important advantage of taking MMS transdermally is that higher doses can be taken (actually small doses are taken several times), and the high daily doses can be achieved much more quickly.

MMS Enemas:

You begin as you do with the other methods, with one drop of MMS, add five drops of activator (activator is sold separately or you can use fresh lemon juice, vinegar or citric acid, and set a timer for 3 minutes – don't estimate. For a stronger dose you may cover the container for the 3 minutes.

Mix ingredients above with eight cups of warm water making sure that the liquid is warm, but not too warm (test a drop on the inside of your wrist.) Fill the enema bag and hang it nearby. 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. Some people prefer to lay down in the bathtub in case you lose control of your bowels.

Everyone is different and so you want to add the liquid very slowly adjusting to each small amount before adding more.

Coat the insertion tube with plenty of Vaseline and slowly release the fluid. Use the clamp to monitor the pressure and flow, slowly fill your colon with the entire solution.

Set the timer for 15 minutes and try to relax. 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

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becomes easier as you practice. This enema should be taken every day as long as your treatment is necessary.

Chapter Four - Warning

This protocol is not appropriate for those who have to take care of themselves. MMS can cause violent vomiting and diarrhea if the instructions are not followed precisely.

On the other hand, MMS is a very powerful tool for ridding your body of disease, but it has not been approved by the FDA.

If you and/or loved one decides to try the MMS protocol, be prepared for the discipline required to perform exact scientific procedures, and like a chemist, mix a solution that MAY make you nauseas, and to swallow the solution two or three times each day for the next year or two.

The alternative treatments are far less odious and yet they all require precision and care.

Although this mixture is extremely economical, there is a price to pay. The price is measured in uncertainty as there are (as of today) no known people who have been completely cured of chronic Lyme disease.

However, the science surrounding the product is extremely compelling, and personally I believe in the health benefits.

To purchase supplies and/or to learn more go to [Miracle Mineral Supplement](#).

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 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.*

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

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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.

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.

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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; although very hot baths will also aggravate symptoms, as the spirochetes are threatened by heat.

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](#)

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- [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.

Investing in a water purifier and ionizer would ensure the crucial purity needed in the vast amounts of water that are required to properly hydrate your body. Ionizing and oxygenating the water adds a combat component very simply – Lyme and many other diseases, viruses and parasites cannot tolerate oxygen.

Water for Life has the highest quality machines available at extremely reasonable prices.

[Visit Water for Life here.](#)

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. 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.

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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 D – Symptom Relief

Anxiety

Lyme disease, especially neurological Lyme disease causes havoc with the central nervous system.

It is not uncommon for people who have never experienced an anxiety attack to suddenly have frequent and frightening "panic" attacks. These attacks occur without warning which adds to the fear and anxiety. They can occur in the shower, during a meal, while reading or even driving.

Anxiety attacks occur when the "limbic" system (the part of the brain which stores anxiety messages) begins to release numerous signals. At the same time, physiological responses begin to take place. . . breathing becomes difficult, the fight-or flight syndrome kicks in, and many other frightening body impulse that are completely involuntary.

This occurrence creates additional anxiety from the fear of losing control and possibly even loss of life. (Many people describe panic attacks exactly like heart attacks.)

Anxiety is poison for those of us with Lyme disease because it destroys the healing environment and puts pressure on every other neurological symptom.

Lyme disease can inflame the neuro-transmitters throughout the central nervous system.

[GABA](#)

GABA (which stands for Gama Amino Butyric Acid) is the Body's Natural muscle relaxant, tranquilizer, and nerve calmer. As Melatonin is the body's natural sleeping agent. GABA is the body's natural stress reliever and muscle relaxant.

Scientific research shows that GABA inhibits the cells (in the limbic system) from firing, diminishing the rapid messages reaching the frontal cortex. This controlled neuro transmission allows the cortex to communicate with the limbic system and the rest of the brain in an orderly manner.

GABA is an essential inhibitor in the central nervous system that aids control of pain and anxiety.

GABA has also been successfully used as an anticonvulsant in cases of epilepsy, as well as for hypertension and attention deficit disorder. GABA has been successfully used to aid those with neuro- muscular conditions such as fibromyalgia and M.S. I take the maximum dose of 1500 mg three times each day and on really bad days I take a fourth dose. GABA allowed me to go off of Lyrica without any withdrawal symptoms. Never take GABA with milk products.

[Anxiety Relief](#)

This homeopathic formula is an advanced, safe and natural medicine that has been successfully used by thousands of people. It brings prompt symptomatic relief of occasional minor anxiety, fear, worry, panicky feelings and apprehension associated with everyday life without synthetic drugs or side effects. It begins to work right away, and contains only safe, 100% natural ingredients - 11 powerful homeopathic therapies made from natural herbs and minerals.

Anxiety Relief helps make occasional, minor anxious feelings less frequent or relieves them altogether. And it helps you feel less vulnerable to the minor annoyances that make up your daily life. If anxiety feelings continue to occur regularly, you should consult a physician.

Body Aches for Lyme Disease

The very first symptoms of Lyme disease include body aches, and many people mistake their illness as a flu.

Aspirin and Tylenol are the first pain relievers that most people think of when experiencing body aches, but there are several other natural and organic solutions.

[White Willow Bark](#)

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The use of willow bark dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendinitis.

The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid) and is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to be slower than aspirin to achieve any effects, but those effects may last longer.

Planetary Formulas has combined White Willow Bark with several other soothing botanicals to make a more potent pain reliever that is gentle to the stomach.

[Anti-ache Herbal Pain Relief Creme](#)

Sometimes it is more beneficial to use topical crème for body aches, especially if your stomach is easily upset. Derma-e Skin Care provides a combination of healing herbs and homeopathic remedies such as Calendula, Peppermint, Arnica and Hypericum to give immediate and lasting relief. The topical cream is non-greasy, and penetrates quickly and deeply to instantly ease specific body aches.

[GABA](#)

Body aches create anxiety in people with Lyme disease, and we stiffen involuntarily due to the many symptoms we are required to handle at once. Therefore, GABA is essential for relieving body aches through natural relaxation. [Read more about GABA here.](#)

Candida (Albans) or Yeast Overgrowth

Yeast occurs naturally in the human body. Normally it lives in harmony with a variety of other microorganisms and actually performs a couple important functions. The problem occurs when something upsets the balance of bacteria in the body and this allows the yeast organism to proliferate and take over all the healthy microorganisms.

It normally resides in the intestinal tract, mouth, throat and genitals, however it can burrow holes in the intestinal tract, enter the blood stream and then make it's way into any organ of the body. To make matters worse it emits over 70 different toxins into the body. Some people may even become allergic to the yeast itself.

Once this hardy organism proliferates in the body, it wrecks havoc in many ways and is the instigator of many common maladies, conditions, syndromes and illnesses in our population.

Some of the most frequent Candida symptoms are:

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Abdominal gas, headaches, migraines, excessive fatigue, cravings for alcohol, anxiety, vaginitis, rectal itching, cravings for sweets, inability to think clearly or concentrate, hyperactivity, mood swings, diarrhea, constipation, hyperactivity, itching, acne, eczema, depression, sinus inflammation, pre-menstrual syndrome, dizziness, poor memory, persistent cough, ear-aches, low sex drive, muscle weakness, irritability, learning difficulties, sensitivity to fragrances and/or other chemicals, cognitive impairment, thrush, athletes foot, sore throat, indigestion, and acid reflux.

The best way to treat Candida is to ***prevent it in the first place***. Take 32 oz of water with one tablespoon of [Quantum Greens](#) every day to create a terrain in your body that will not support more than the natural amount expected in a healthy human.

Depression

The VILIFT™ formula is made up of only natural ingredients. This means that you can use VILIFT™ without the worry of the unwanted side effects and health risks. VILIFT™ is safer than any prescription drug and has the same long-lasting effects as prescription medications.

VILIFT™ has been scientifically formulated to improve your mood to the extreme!, using the latest advances in the fields of psychology, nutrition and neuroscience.

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Our laboratory follows rigorous quality-assurance procedures when manufacturing the formula. VILIFT™ contains only USP Pharmaceutical Grade vitamins to ensure purity, and herbal extracts standardized for maximum effectiveness.

Vilift contains a blend of [St. John's Wort](#), [Skullcap](#), [5-HTP](#), [Korean Ginseng](#), and a blend of Vitamin B Complex.

[For more information visit Vilift](#) (unless you like to have a voice talk to you while you are examining something, scroll down the page a bit and click the pause button).

Testimonials for Vilift:

"Vilift has been a godsend because I react so abnormally to antidepressants and anti-anxiety meds, it's dangerous for me to take them. I take both Vilift and this is the best winter season I've ever had (I have SAD). All I have to say for this supplement are great things, and when I ran it past my doctor, he was very pleased that I'd switched to it and that it was working so smoothly for me."

Debra, Seattle, WA

"VILIFT has improved not only my life but my wife's as well. She suggested it to me because I was feeling very moody and depressed. A couple of weeks after I began taking it, I suggested it to her for her depression. It has helped us both to think more clearly. We are happier and become less agitated over menial things. It gives us the advantages of taking prescription medications to treat depression, and in my case ADHD, without the unpleasant side effects such as drowsiness. My father is also taking

VILIFT and he is feeling happier now then he has in years. Now my wife is recommending it to everyone who is going through stress or who has existing problems with depression.”

Jason M., Indianapolis, Indiana

"Believe it or not, I have been taking Vilift for two days now and I am already starting to feel better about myself. I feel very calm and in control of my life. I haven't had this feeling in 16 years. It's nice to feel normal again. I honestly was not expecting to feel better so soon. Thank you Vilift!"

Amanda, Milwaukee, Wisconsin

[To read more testimonials click here.](#)

[To purchase Vilift click here.](#)

Ear Pain and Audiophobia with Lyme Disease

Not everyone with Lyme disease has the dreaded audio-pain. But those who do, are greatly disabled from a normal life due to the extreme pain caused by sound. Typically, with neurological Lyme, the audio-pain is aggravated with additional anxiety when faced with too much noise, too many people talking at once or even the thought of being exposed to noises.

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The sound of someone walking across the floor may cause excruciating pain, and sudden loud noises can cause a panic attack.

Additionally there is a constant aching - like "swimmer's ear" which intensifies in cold or wind. The following suggestions are products I use for managing this disabling symptom.

[Ear Plugs](#)

It may seem obvious, but with brain fog it never occurred to me. I am blessed to have smart people caring for me. This is a link to Amazon where you can buy 6 pair (skin colored) for under \$3. NOTE: The plugs are very easy to clean - stay away from wax plugs because you can't clean them.

[GABA](#)

I find that GABA eases the pain in my ears along with calming the anxiety that accompanies noise. Because the pain is neuropathic, the GABA works naturally to calm the nerve endings. GABA is essential for relieving the ear pain and the panic that can come unexpectedly with visitors or sudden loud noises. [Read more about GABA here.](#)

[Soothing Ear Drops](#)

This is a milder form of relief that is best used before bed where it can sooth the ear through the night. In extreme cases use the ear drops with the plugs.

Insist on quiet. This is something everyone in your life should be aware of and reminded of to keep you comfortable. A friend drew a big sign and taped it above my head so that visitors couldn't help but read it. That way I didn't have to make a request that some might consider rude.

Fatigue with Lyme Disease

Lyme disease causes profound fatigue at every stage of the infection. One of the first symptoms to appear, many ignore the warning signs and continue to "push through". After-all, who would actually plan to be sick although certainly we have all had minor viruses that disappeared after a few days.

There are many supplements that can help improve stamina, the following are the most potent I could find.

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[Pure Energy Super Strength](#)

This is an award winning formula with bee pollen, gotu kola, Siberian ginseng and royal jelly. It doesn't contain any caffeine, ephedra or other harsh stimulants. NOTE: The combination of herbs and potent strength of the herbs (800 mg) provide powerful immune support.

[Energy B - Complex](#)

This powerful combination of food-based vitamin Bs with Ginseng & Ginkgo . The vitamins are involved in the body's production of energy and support a healthy nervous system. Also, Vitamin C aids B vitamins' help with absorption and function. Pantothenic acid supports healthy adrenal glands, which are responsible for keeping us active under pressure. Choline is essential for the manufacture of acetylcholine, which helps keep the brain alert. . A potent extract of ginkgo, with Siberian ginseng. Ginkgo, which works synergistically with choline, is commonly known as the mind herb. Siberian ginseng is the classic adaptogenic herb that increases overall vitality. . A base of spirulina, is added for whole food nutrition. All of this in one tablet.

[Weil Energy Support Formula](#)

Dr. Weil has developed this exclusive blend of therapeutic herbs formulated to support healthy energy levels without the adrenal stress and crash of stimulants. The formula is composed of Eleuthero, Cordyceps and Ashwagandha, all traditional herbs which may give those energy levels the boost you need. Eleutherococcus senticosus -

commonly referred to as Siberian Ginseng - is a plant in the ginseng family that has been used for centuries as an adaptogen. (An adaptogen or tonic is an herb or nutrient that is thought to increase the body's general resistance to stress of all kinds) Cordyceps, a medicinal mushroom, is highly prized in traditional Chinese medicine (TCM) as a stamina-boosting tonic. Ashwagandha, another therapeutic herb that is sometimes called Indian Ginseng, is used in the Ayurvedic medicinal tradition as a general tonic to increase energy.

[Heal Bee Power Energy](#)

Bee Power is a formula of skillfully blended herbs designed to help sustain the body with strength, energy and vitality. This formula helps to create whole-body balance rather than stimulate and burn out the body's systems. Thus, as this formula helps to stimulate it also helps combat stress and anxiety. All encapsulated products are in a pure 100% vegetable based capsule.

Gastro-Intestinal Problems with Lyme Disease

Generally speaking, gastro-intestinal problems come in two major categories:
Sluggish and explosive.

Problems may arise from the Lyme infection itself, herxheimer reaction and/or reaction to medication. Special problems with diarrhea develop due to detoxification also.

Lyme Combat III - MMS

For the sake of simplicity, I will not endeavor to distinguish between causes, and try to focus on the best solutions.

For the sluggish:

[Magnesium](#)

I use megadoses of magnesium as suggested by Dr. Burrascano. I take 1000mg AM and 1000 mg PM (in addition to the coral calcium I take). The brand I use is Nature's Way - it is very affordable.

[Senna Tea](#)

Senna Leaves provide a gentle laxative that can be controlled easily by how long you brew. Alvita provide excellent value.

[Constipation Relief](#)

For fast relief of constipation, irregularity, hard, dry stools, great straining, rumbling and bloated bowels, mucous stools, associated headache - A non-irritating natural enhancement of peristaltic action of the colon.

A little secret - Try taking a Tablespoon of Epsom Salt mixed with 8 oz distilled water and chug it down as fast as you can. My doctor swears by it but I prefer to take the magnesium tablets.

For the explosive:

[Diarrhea](#)

This all natural product contains the following as active ingredients: Aloe socotrina 4X Tormentilla 4X Veratrum album 5X Arsenicum album 6X Colocynthis 6X Cuprum aceticum 6X Mercurius corrosivus 6X Podophyllum peltatum 6X Ferrum phosphoricum 10X Carbo vegetabilis 12X. It is gentle enough for young children and powerful enough to get the job done.

[Diarrhea Relief](#)

This product is also all-natural and provides fast relief of loose stool, cramps, gas and bloating, mucous stools, watery stools, jelly-like stool, pretty much any kind of intestinal cramping and diarrhea

Joint Pain with Lyme Disease

Arthritic pain and swelling joints are a primary symptom of Lyme. The nagging chronic pain convinces non-Lyme doctors that you have arthritis, but Lyme is the Great Imitator - in fact Lyme was originally called "Lyme Arthritis." Fortunately, many of the treatments for arthritis pain work well for Lyme disease.

One of the most important remedies that you can provide yourself is to massage the aching joints as frequently and for as long as possible.

[Anti-ache Herbal Pain Relief Creme](#)

Lyme Combat III - MMS

Massage with this cream is even more beneficial. Derma-e Skin Care provides a combination of healing herbs and homeopathic remedies such as Calendula, Peppermint, Arnica and Hypericum to give immediate and lasting relief. The topical cream is non-greasy, and penetrates quickly and deeply to instantly ease joint and body pain.

[Green Lipped Mussel](#)

Green Lipped Mussels are harvested from New Zealand where they have long been treasured by the Maori race as a food that alleviated misery from arthritis. Evidence from recent scientific study shows that this natural food helps increase joint mobility and inhibit inflammation . Inflammation is a normal immune response, so with Lyme disease, it not only affects joints but the entire body. Green Lipped Mussels also relieve the pain associated with inflammation, and because it is a natural food, it is completely bio-available.

[Heal-Joint](#)

Heal-Joint is an all-natural herbal formula containing Brigham Herb, Hydrangea Root, Yucca, Chaparral, Lobelia, Burdock Root, Sarsaparilla, Wild Lettuce, Valerian, Wormwood, Cayenne, Black Cohosh, and Black Walnut. This organic formula is rich in natural calcium and has been used historically for arthritis/rheumatism and will detoxify as well as acting as a solvent for the accepted (but not assimilated) calcium deposits; These herbs also relieve pain, kill fungus and infection over time.

[Phyto-Joint](#)

There is ample evidence that the herb Devil's Claw reduces inflammation and pain associated with arthritis. It is also used for joint mobility. Phyto-Joint is made of 100% powdered Devil's Claw which is also completely bioavailable.

[White Willow Bark](#)

The use of willow bark dates back to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation. Willow bark has been used throughout the centuries in China and Europe, and continues to be used today for the treatment of pain (particularly low back pain and osteoarthritis), headache, and inflammatory conditions such as bursitis and tendinitis.

The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid) and is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to be slower than aspirin to achieve any effects, but those effects may last longer.

Planetary Formulas has combined White Willow Bark with several other soothing botanicals to make a more potent pain reliever that is gentle to the stomach.

[GABA](#)

Lyme Combat III - MMS

Body aches create anxiety in people with Lyme disease, and we stiffen involuntarily due to the many symptoms we are required to handle at once. Therefore, GABA is essential for relieving body aches through natural relaxation. [Read more about GABA here.](#)

Insomnia with Lyme Disease

Trouble getting to sleep and/or staying asleep can be associated with so many health issues from stress to menopause that it can be years before it is associated with Lyme disease. Insomnia is probably the most common symptom of Lyme disease and is certainly one of the top enemies of our healing effort. To heal, a body needs extra rest, and whether it is a symptom alone or a symptom together with pain and other sleep interfering symptoms, it should be one of the easiest symptoms to cure.

One challenge in curing insomnia, is that some supplements work for some, and not for others. It is vital to discuss treatment with a medical doctor so that you can get a full night's sleep (if natural remedies don't work.)

[Tranquinol](#)

Tranquinol promotes deep, restful REM sleep and improved quality of sleep, even after the use of sleep or mood medications, and helps you wake up refreshed; helps increase daytime energy levels. Also supports mental tranquility, calm mood and focus throughout the day . It is non-addictive and does not cause drowsiness. Helps normalize neurotransmitters which get scrambled by sleep and depression medications.

[Melatonin](#)

Lyme Combat III - MMS

Melatonin is a neuro-hormone produced naturally in humans by the pineal gland. As we age, our melatonin production decreases. Melatonin governs the body's circadian rhythms and is also a potent antioxidant. I use 5 mg each night which is more effective than smaller doses. There is no known toxic level for Melatonin. Source Naturals has several strengths and number of capsules, also fast-acting or slow release.

[Super 5-HTP](#)

L-5-Hydroxytryptophan (5-HTP) is a precursor to serotonin, which may have a relationship with mood and appetite. Valerian and L-Theanine have been added to this formula which is intended to provide nutritive support for feelings of calmness during periods of stress and anxiety.

[Chamomile Sleep](#)

Chamomile and Kava Kava's amazing ability to promote relaxation and create a peaceful state of mental well-being has been associated with a group of constituents known as kavalactones. Planetary Formulas Chamomile Sleep unites this precious rain forest herb with classic Chinese botanicas known for their ability to support a restful night's sleep.

[Nutra-Sleep](#)

This unique formula from Source Naturals combines 433 mg of GABA with several botanicals to ease anxiety, quiet nerves and relax muscles to provide a natural yet powerful sleep aid without side effects.

[Heal Relax-Eze](#)

This formula has been used with great success for relieving nervous tension and insomnia. It is helpful in rebuilding the nerves, nerve sheath (protective cover of the nerves) and the nervous system. It is mildly stimulating and yet decreases the irritability and excitement of the nervous system, and also lessens or reduces pain. This formula contains herbs that feed and revitalize the motor nerve at the base of the skull (medulla area and upper cervical), and also herbs that help rebuild or feed the spinal cord. This group of herbs will also rebuild the frayed nerve sheath, the nerve itself, and its capillaries. The following herbs in this combination are food for your valuable—and in many cases, shattered nerves: These herbs are in a base of pure vegetable glycerin.

[Insomnia Relief](#)

This homeopathic formula contains: Avena Sativa (oat) 3x, Chamomilla (chamomile) 3x, 9x, 12x, 30x, Humulus Lupulus (hops) 3x, Passiflora Incarnata (passion flower) 3x, Coffea Cruda (coffee) 6x, and Kali Phosphoricum (potassium phosphate) 6x. Its a non-addictive combination to help relieve sleeplessness and achieve a restful night's sleep. This formula comes in tablets but it is also available in 2 oz drops.

Migraines with Lyme Disease

Lyme disease can cause numerous types of headaches, and for those of us who suffer with migraines, many find that Lyme disease may intensify the severity and duration of actual migraines.

For some, there is very little to do for the pain without prescription meds and/or prescription oxygen. The products below are the best I could find of alternative treatments for Lyme disease induced migraines. They can work on other types of migraines too (hormone or food induced.) I have suffered with migraines for my whole life and have found that as the Lyme disease has begun to resolve that my migraines are less frequent.

[Migre-Lief](#)

This advanced formula is especially helpful reducing the effects of a migraine due to the key ingredients and their effect on the central nervous system. Dr. Alexander Mauskop, one of the world's leading migraine researchers and Director of the New York Headache Clinic has been working with his own triple therapy since 1992. His research has been crucial in establishing MigreLief's credentials as a superior product. Only MigreLief contains Puracol™, a specially sourced whole herb feverfew with all of its naturally occurring elements intact. Migre-Lief also contains magnesium and riboflavin.

[Migraine Relief](#)

Migraine Relief, by Ridgecrest Herbals, is a carefully formulated homeopathic and Chinese herbal therapy which relieves headache and migraine pain naturally without side effects. Migraine Relief works quickly and effectively, and contains safe, effective homeopathic plant extracts. The science of homeopathy is hundreds of years old and is widely used in Europe and Asia. It has recently gained popularity in the United States. Migraine Relief also contains a proprietary Chinese herbal formula. Ridgecrest research shows that combining herbs and homeopathic medicine into one formula creates a synergistic effect that significantly enhances the effectiveness of the formula.

[Clear Migraine](#)

Clear Migraine contains a unique proprietary blend of 14 Chinese herbs, formulated to work in combination with these active homeopathic ingredients to provide safe and effective relief. Aspirin Free - Non-habit forming - No side effects. Homeopathic active ingredients and a proprietary herbal blend provides a safe and effective pain reliever. Aspirin free, no side effects and non-habit forming Contains specific homeopathic remedies traditionally used to help relieve the symptoms of migraines, tension and cluster headaches. Does not increase heart rate. Does not make you drowsy. This formula has been used in Traditional Chinese Medicine for thousands of years.

[Migraine Blocker](#)

Source Naturals Migraine Blocker is safe, natural and gives temporary relief of migraine headache pain, pressure and throbbing. Migraine Blocker uses minute doses of homeopathic remedies that offer quick relief from migraine symptoms. This Bio-Aligned Formula addresses the multiple body systems associated with migraines, including hormonal regulation, stress response, sensory perception, the sinuses, and the digestive and nervous systems. 48 tablets for under \$5!

[Feverfew Headaid](#)

Feverfew is one of the most commonly used herbs for migraines. Laboratory studies show that feverfew can reduce inflammation and prevent blood vessel constriction (squeezing) that may lead to migraines. Planetary Formulas unites the power of standardized extracts of feverfew with willow bark and with Chinese classics, such as Schizonepeta and notopterygium. The botanicals in feverfew head aid represent a superb blending of modern European science with traditional Chinese herbals.

Skin Disorders (excluding EM rash) with Lyme Disease

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Lyme disease can cause many odd skin conditions as it drills away from your blood stream to evade antibiotics and/or other treatments. Dr. Burrascano suggests skin brushing to stimulate blood flow near the skin, and I have found that strong exfoliating cleansers applied directly to skin problem and massaged gently under warm water to significantly help in healing rashes and sores.

Severe rashes and sores that resist healing remedies should be checked with a medical doctor. Always rinse and dry skin irritations and keep clean to protect from infection.

[Robert Gray Skin Brush](#)

Skin Brush for dry skin brushing also stimulates the cleansing of the lymphatic system. It is a long handled bath-type brush with natural vegetable bristles. ***This brush must not be used for bathing*** since it needs to be kept dry.

[Lavender Exfoliating Enzyme Scrub](#)

Botanical granules and fruit enzymes gently remove surface cells. Organic Lavender, Licorice Root and Coleus protect new skin against irritation while our triple lipid system moisturizes replenish natural oils. Walnut and Grape Seed Powders combine with natural enzymes from papaya and pineapple to loosen and remove dull surface cells and impurities. Soothing Licorice Root and organic Lavender calm irritation-prone skin as the antibacterial action of Coleus Oil protects skin against breakouts. Organic Flax, organic Borage and Rosehip Oils, rich in omega fatty acids to

restore the skin's moisture balance, and enriched with White Tea and Vitamin E for antioxidant protection.

[Skin Food](#)

Intensely hydrates and cares for the skin. Ultra-moisturizing, pure Lanolin and anti-blemish, wild-crafted Pansy Extract nourishes and soothes dry and damaged skin. Precious essential oils of Lavender, organic Sweet Orange and Rosemary refresh the skin and the senses. Apply this whole body cream to your skin anytime, with special attention to extra dry areas, such as the feet, hands and elbows.

[Squalane Skin Oil](#)

Squalane Skin Oil is derived from shark liver and is used in some of the most expensive skin ointments in the world. This pure squalane penetrates deep into the skin to help accelerate new cell growth, quiet skin, heal burns, protect from the elements, and soothe irritations. Squalane also helps heal minor skin eruption, relieves itching and scaly skin, and even creates a barrier to protect your skin, Squalane Skin Oil is a pure and natural skin supplement from the sea..

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.

Lyme Combat III - MMS

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 ([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.

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.

Lyme Combat III - MMS

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 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.

DISCLAIMER

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist and/or your primary care physician. 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.

NOTE: I apologize from the bottom of my heart for any spelling or grammatical errors – they are all mine.