

Baritz Wellness Center, PC

450 Pleasant Street, Brockton, MA 02301 • 508 583-2565 • www.baritzchiro.com

Lyme Disease (part 2), Holistic Support

Anyone who believes they have a tick bite or Lyme is strongly urged to seek medical care, early use of antibiotics may prevent serious conditions. Many believe holistic support is a helpful addition to medical treatment. 07/06/10

1. Treat the whole person

- Do not get behind in sleep, or become overtired.
- No caffeine or other stimulants that may affect depth or duration of sleep, or reduce or eliminate naps.
- Absolutely no alcohol!
- No smoking at all!
- Appropriate exercises, avoid exhaustion, see: *The Slow Burn Fitness Revolution*, by Fredrick Hann
- Diet must contain generous quantities of high quality protein, high fiber and low carbohydrates- no simple carbohydrates are allowed. See Health Tip: *Page Diet*
- Prevent re-infection:
 - Non-toxic repellant: lemon eucalyptus essential oil had been proven to reduce tick bites by 50%
 - See CDC guidelines on prevention: www.cdc.gov/ncidod/dvbid/lyme/ld_prevent.htm

2. Support the Vital Force

- Customized liquid blend for immune and adrenal support
- Hormonal support, I suggest **Symplex F*** for females and **Symplex M*** for males
- Gamma Linolenic Acid (GLA) for inflammatory support. I suggest **Black Current Seed Oil***
- Amino acid support for energy. I suggest **Protofood***

*Standard Process products see: www.standardprocess.com

3. Treat the terrain as well as the pathogen

- Sequential Nutrient Immune Up-regulation
- Cleansing infection/infection/toxicity
- Unburden immune system
- Bone marrow repletion – immune liberation
- See Health Tip: *Immune Burden (chart)*

4. Explore why the person may be susceptible

Food intolerances: wheat, gluten, dairy, soy, corn, etc.
Heavy metals: Heavy metals can depress the immune system, detoxification can help
Chemical burden: Toxic chemical can lodge in the body and prevent recovery
Scars: See Health Tip: *Scar Therapy*
Immune imbalance: Parasites, yeast overgrowth, etc.

To have a custom program created for you or for a free consult call 508 583-2565

Resources

www.cdc.gov/ncidod/dvbid/lyme/
www.ILADS.org
www.lymediseaseassociation.org

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