

Lyme Borreliosis

Natural support for Lyme and related conditions

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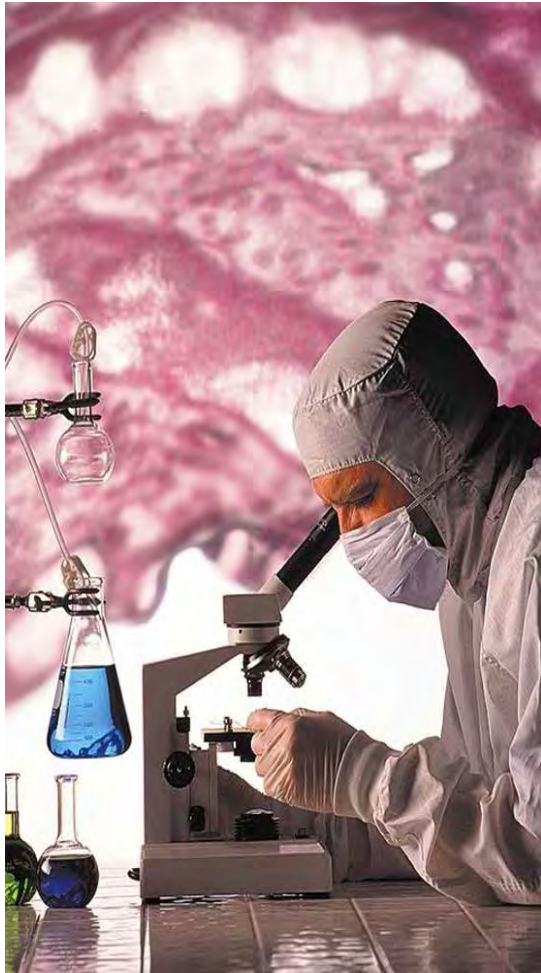
Overview

- Medical Management
- Natural Complementary and Alternative Medicine (CAM) Treatments
- Cowden Support Program
- Detailed Product Information
- Conclusions
- Questions

LYME-BORRELIOSIS: CO-INFECTIONS

- Borrelia (bacteria)
- Babesia (protozoa)
- Ehrlichia (rickettsia)
- Bartonella (bacteria)
- Mycoplasma (L-form)
- Viruses (specific CMV,EBV)

Medical Management



- **Antibiotics** - Amoxicillin, Doxycycline and Ceftriaxone – very effective for acute Lyme (if caught in first 3 weeks) (NHS, 2014)
- Short courses of antibiotics ineffective and result in relapses in 40% of cases ILADS (International Lyme and Associated Diseases Society)
- **NSAIDs** are given for symptomatic relief
- **Anti-depressants** for low mood

The oral antibiotics doxycycline, amoxicillin or cefuroxime axetil are recommended for 2 weeks (range 10 to 21 days) for erythema migrans. Facial palsy and other complications need longer treatment (3 to 4 weeks).

The usual adult doses of these antibiotics are:

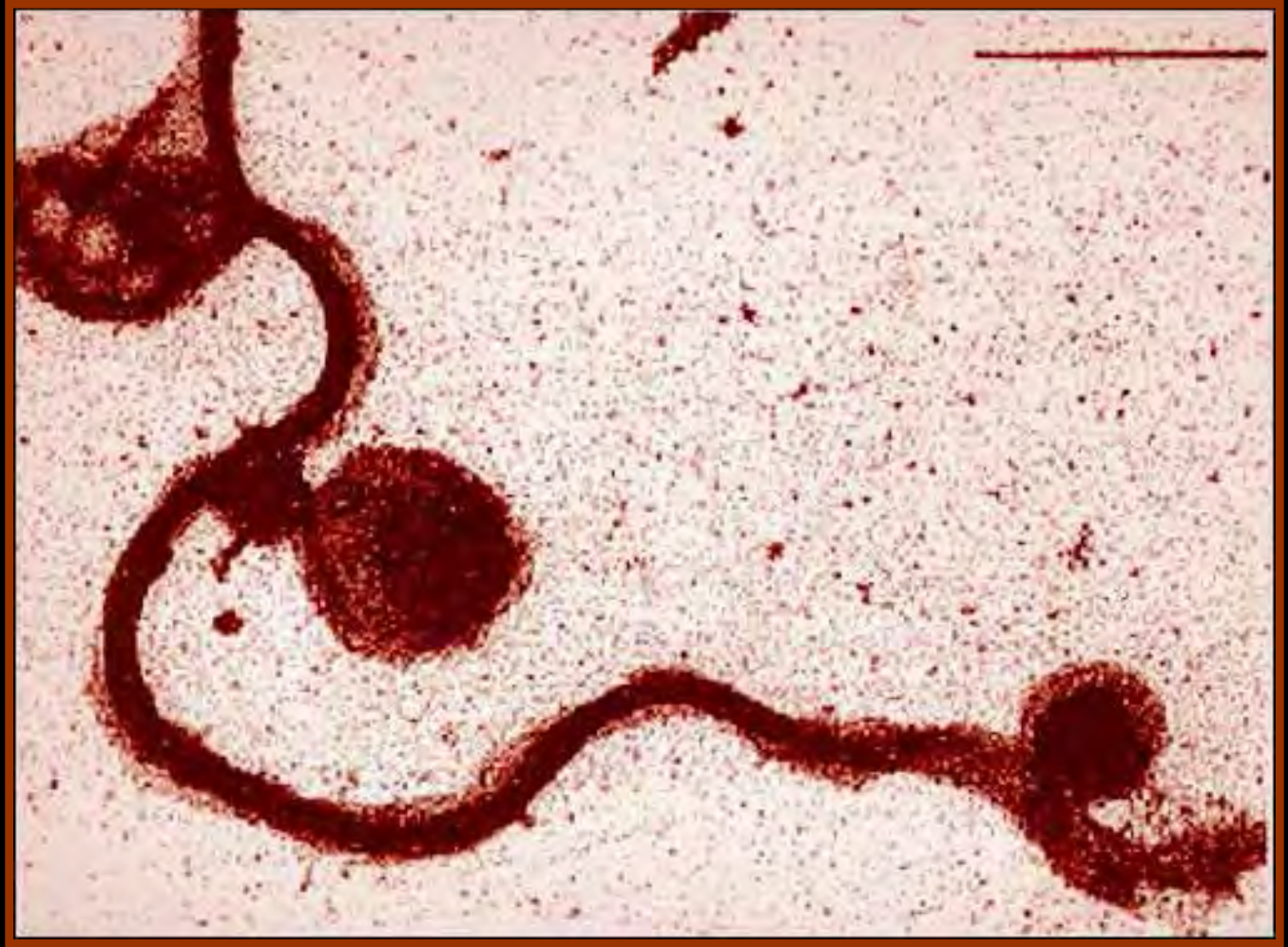
- doxycycline 100mg twice daily
- amoxicillin 500mg three times daily
- cefuroxime axetil 500mg twice daily

**From the Public Health England website*

The Strategy of Morphological Variation in *Borrelia burgdorferi* & Other Spirochetes

Borrelia burgdorferi develops granules & cysts when exposed to antibiotics.

Antimicrobial Agents & Chemotherapy, 1995;39(5):1127-33.

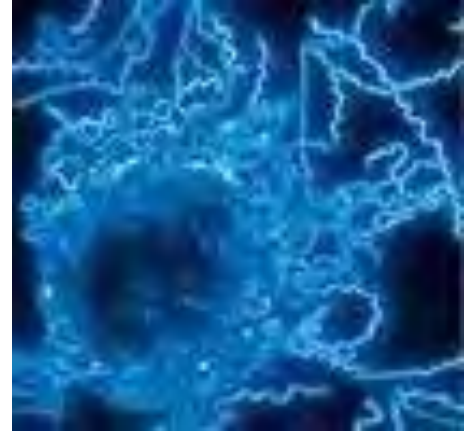


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Natural CAM Treatments

- Natural antibiotics against Borrelia
- Treatment co-infections viruses, fungi, parasites, bacteria
- Detoxification from toxins and Herxheimer reactions
- Enhance the immune system
- Others

Natural Support



- 1) Antibiotics can kill off friendly bacteria in the gut and allow overgrowth of fungi and other 'bad' bacteria
- 2) Can become resistant to anti-biotics
- 3) Bacteria change form into cysts which 'hide' from antibiotics

Various protocols available:

- ❖ The Klinghardt Protocol
- ❖ The Buhner Protocol
- ❖ **Cowden Support Program**

Cowden Support Program

- Dr. Lee Cowden, MD: USA board-certified cardiologist internationally known for his knowledge and skill in practicing and teaching integrative medicine
- 80% chronic Lyme showed clinical improvement in symptoms
- 90% showed laboratory improvement
- If electro-dermal screening or muscle testing used, then 95% patients improved significantly
- Helps detoxify body, rebuild immune system, eliminating a large proportion of disease causing microbes

Cowden Support Program



Cowden Support Program (page 1)

BANDEROL Microbial Defense: anti-inflammatory, broad-spectrum antiviral, antibacterial, antifungal, and antiparasitic (both protozoa and worms) herbal tincture; also effective against *Borrelia burgdorferi*, other *Borrelia* species and Lyme co-infections.

BURBUR Detox: an herbal tincture that aids detoxification of man-made toxins and biotoxins from the liver, kidneys, lymphatic system and interstitial space (the space between the cells).

CUMANDA Microbial Defense: anti-inflammatory, broad-spectrum antiviral, antibacterial, antifungal, and antiparasitic (both protozoa and worms) herbal tincture; also effective against *Borrelia burgdorferi*, other *Borrelia* species and Lyme co-infections.

HOUTTUYNIA Microbial Defense: anti-inflammatory, broad spectrum antibacterial, antifungal and antiviral herbal tincture; also effective against most *Borrelia* species and Lyme co-infections.

Cowden Support Program (page 2)

ENULA Microbial Defense: anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.

MAGNESIUM MALATE: a highly absorbable and utilizable form of magnesium which helps to maintain normal cardiovascular, muscle, nerve, bone and other cellular functions.

MORA Microbial Defense: anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.

PARSLEY Detox: an herbal tincture that aids detoxification of man-made toxins and biotoxins from the liver, kidneys, lymphatic system and interstitial space (the space between the cells).

PINELLA Brain/Nerve Cleanse: an herbal tincture that eliminates neurotoxins from the brain, spine and peripheral nervous system.

Cowden Support Program (page 3)

SAMENTO Microbial Defense: immune-system modulator, anti-inflammatory, broad-spectrum, antibacterial herbal tincture effective against *Borrelia burgdorferi* and the co-infections.

SEALANTRO Metal Detox: a combination of sea weed, chlorella and cilantro extracts that mobilize from the tissues and bind heavy metals, various radioactive substances and other positively-charged toxins, especially in the gut, so that those items can be eliminated from the body.

SERRAPEPTASE: an enzyme derived from the serratia bacteria in the gut of silk worms; this enzyme digests fibrin covering over and hiding microbes in the body, digests fibrin attached to the capillary wall (thus improving oxygen transport into the tissues) and aids in the digestion of microbial biofilm.

SPARGA Sulphur Detox: an asparagus herbal tincture that detoxifies the body from sulfa antibiotics and other sulfa drugs which can block the detoxification pathways.

Cowden Support Program

COWDEN SUPPORT PROGRAM

QUANTITY INFORMATION

NUTRAMEDIX PRODUCTS		COMPLETE PROTOCOL	MONTH 1 71250	MONTH 2 71255	MONTH 3 71260	MONTH 4 71265	MONTH 5 71270	MONTH 6 71275	MONTH 7 71280	MONTH 8 71285	MONTH 9 71290
ITEM #	DESCRIPTION	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY	QTY
01365	BANDEROL	13	2	3	2	1	1	1	1	1	1
01675	BURBUR	9	1	1	1	1	1	1	1	1	1
02100	CUMANDA	6	0	0	2	0	1	1	0	1	1
02657	ENULA	8	0	0	0	2	1	1	2	1	1
03723	HOUTTUYNIA	8	0	0	0	2	1	1	2	1	1
05319	MAGNESIUM MALATE	9	1	1	1	1	1	1	1	1	1
05588	MORA	6	0	0	2	0	1	1	0	1	1
06420	PARSLEY	9	1	1	1	1	1	1	1	1	1
06573	PINELLA	9	1	1	1	1	1	1	1	1	1
00130	SAMENTO	22	2	3	3	2	2	3	2	2	3
07690	SEALANTRO	9	1	1	1	1	1	1	1	1	1
07700	SERRAPEPTASE	5	1	0	1	0	1	0	1	0	1
08115	SPARGA	9	1	1	1	1	1	1	1	1	1
TOTAL QUANTITY		122	11	12	16	13	14	14	14	13	15

THIS PROTOCOL IS NOT EFFECTIVE UNLESS YOU ARE DRINKING 3 LITERS (QUARTS) OF WATER THROUGHOUT THE DAY

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PATIENT'S NAME

START DATE

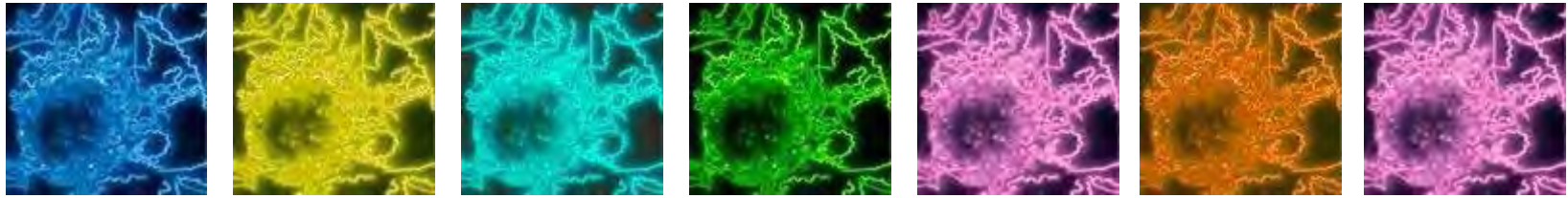
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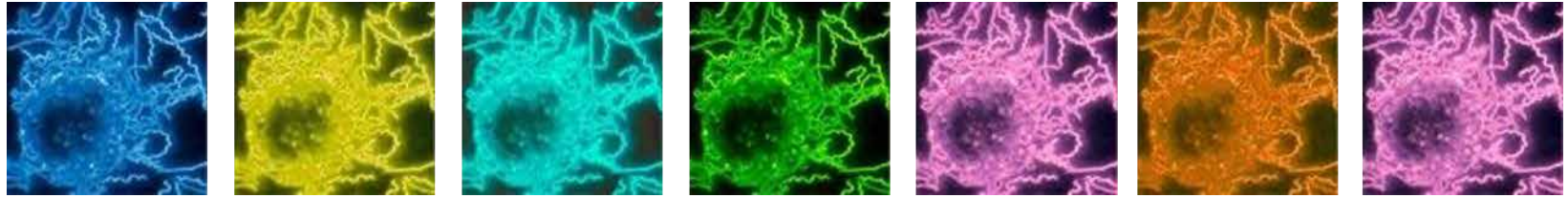
COWDEN SUPPORT PROGRAM

DAY #	30min BEFORE BREAKFAST	DOSAGE	30min BEFORE LUNCH	DOSAGE	30min BEFORE SUPPER	DOSAGE	AT BEDTIME	DOSAGE
1	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops
2	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops
3	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops	BURBUR PINELLA Done: ▶	10 drops 10 drops	PARSLEY Done: ▶	10 drops
4	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	1 drop 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA Done: ▶	10 drops 10 drops 1 drop 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	2 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO Done: ▶	10 drops 10 drops 2 drops 10 drops 40 drops
5	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	3 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA Done: ▶	10 drops 10 drops 3 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	4 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA Done: ▶	10 drops 10 drops 4 drops 10 drops
6	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	5 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA Done: ▶	10 drops 10 drops 5 drops 10 drops	BANDEROL BURBUR MAGNESIUM SERRAPEPTASE Done: ▶	6 drops 10 drops 2 caps 1 cap	PARSLEY PINELLA SAMENTO SPARGA SEALANTRO Done: ▶	10 drops 10 drops 6 drops 10 drops 40 drops



Cowden Support Program

- 1) First 3 days on detox products only, Burbur, Parsley and Pinella
- 2) On 4th day add Serrapeptase – proteolytic enzyme - strips off the fibrin, which covers microbe. Fibrin coating hides microbe from immune system – looks like self
- 3) Improves oxygen transport to tissues, fibrin can also line capillaries
- 4) Also add magnesium – virtually all Lyme patients are magnesium deficient. Under stress, magnesium is wasted through kidneys. Also good to use transdermally or intravenously
- 5) Start Banderol and Samento building up slowly from 1 drop
- 6) Sparga is also started. Asparagus extract quantaphysically imprinted with sulphur antibiotics and other sulphur drugs - diuretic and diabetic medications
- 7) 30% of population, if chronically ill, are unable to process sulphur containing drugs
- 8) Block cell's ability to take up sulphur amino acids (cysteine, methionine and taurine) – interferes with glutathione production



Cowden Support Program

- 9) Day 78, been on full dose Samento/Banderol - help to eliminate the fungi built up in gut and sinuses, Samento helps modulate the immune system – not overactive
- 10) After day 78, Mora and Enula are used for parasites
- 11) If given herbs continually there is improvement, but then relapse when the herbs are stopped
- 12) After 78th day start cycling
- 13) 12.5 days on and 36 hours off continual cycling – the patients stay well – allow granular forms/cyst forms transform back to spirochetel form and get killed off
- 14) Since Samento & Banderol were at full-dose for 60 days, on day 79, swap Banderol with full dose of Cumanda+Mora, then on day 94, full dose Houttuynia+Enula
- 15) Imprinted with energies that represent homeopathic equivalent

Cowden Support Program

Patients who don't remain well off of the CSP:

- 1) not drinking enough water
- 2) return to eating junk-foods & excessive sugar
- 3) failure to have 2 + bowel movements per day

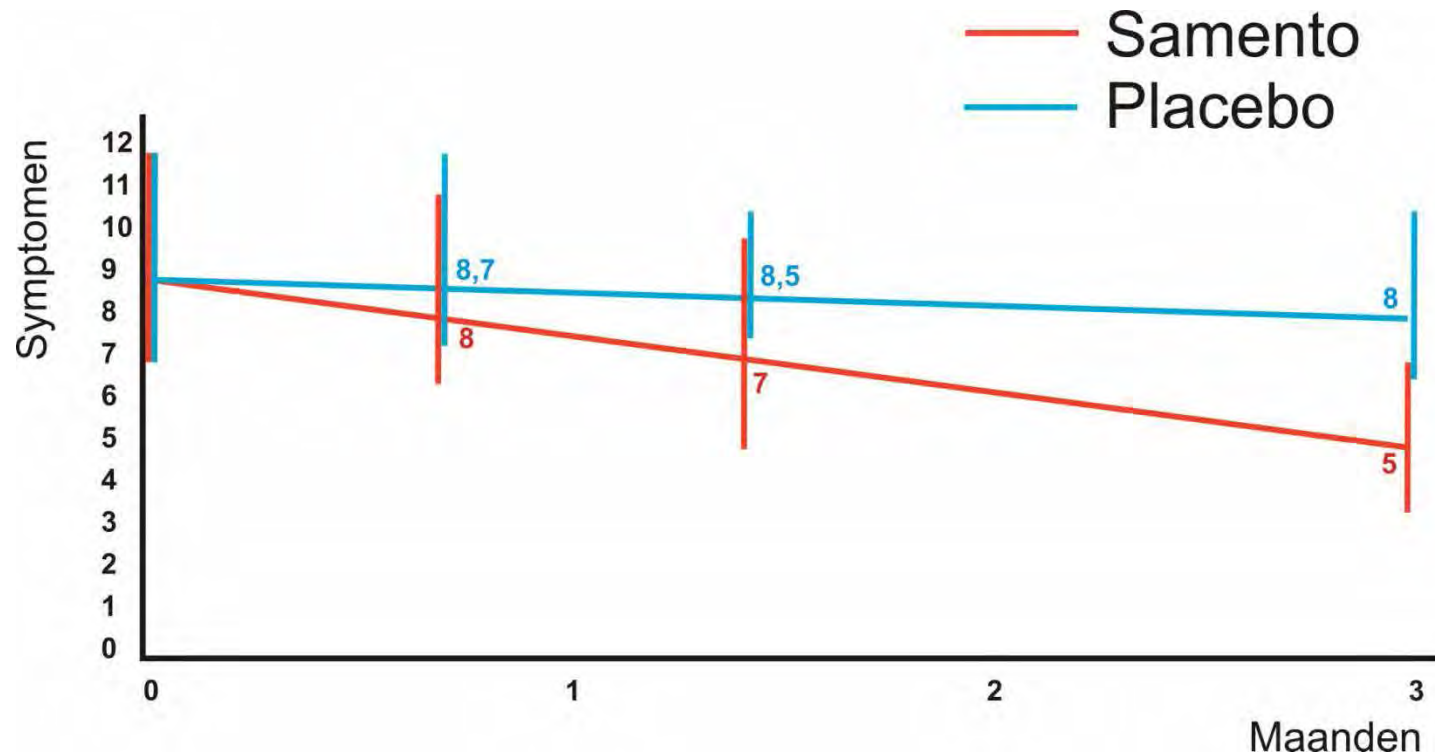
Or may have:

- mycotoxin overload from living in, or working in, a water-damaged building
- mercury toxicity from mercury amalgam fillings in their teeth
- excessive toxicity from other heavy metals, radioactive elements & certain other man-made toxins
- exposure to excessive electromagnetic pollution
- kryptopyroluria
- severe genetic snips, especially those affecting glutathione & methylation
- worm parasite infestation
- chronic Cerebro-Spinal-Venous-Insufficiency
- extreme adrenal exhaustion or hypothyroidism

Results



Double blind period (3months)



Detoxification Products

Man-made
& biotoxins

Burbur
Parsley

Neuro-
toxins

Pinella

Heavy
Metals

Sealantro

Sulphur
drugs

Sparga



BURBUR

- Burbur is an extract from the leaves and stems of the Manayupa (*Desmodium molliculum*) a plant found in the Peruvian Andes
- Used to detoxify the liver, lymphatic system, kidneys, ground matrix and the blood
- Imprinted with frequencies to give it a homeopathic drainage function
- Helps to minimise Herxheimer's effect from die off of microbes
- When used with anti-microbials, helps to remove the microbe carcasses from the system speedily so that they don't create more toxicity
- Usual dose 8-10 drops 3-4 times per day
- If client very ill from Herxheimer's – can take 8-10 drops of Burbur every 15 minutes. Resolves the Herxheimer's within 2 hours





PARSLEY

- Parsley is an extract from the leaf and stem of *Petroselinum crispum*
- Very effective at aiding detoxification of liver, kidneys, lymphatic system and the ground matrix
- Imprinted with frequencies to give it a homeopathic drainage function
- Slightly milder than Burbur, so may be used for extremely sensitive individuals
- 8-10 drops every 15 minutes for up to two hours is very effective as needed for severe Herxheimer reactions
- Normal dose 8-10 drops 3-4 times a day.





PINELLA

- Pinella is an extract from the stem of *Pimpinella sp.*
- Very effective at aiding detoxification of brain, spinal cord and peripheral nervous system
- Useful for peripheral neuropathy, memory problems, brain fog
- Get an excellent effect by combining 8-10 drops of Pinella and 8-10 drops of Burbur
- Normal dose 10 drops 3-4 times a day. Maximum dose 60 drops per day



SEALANTRO

- Sealantro is a blend of the extracts of 3 plants:
 - Chlorella (*Gigartina chamissoi*)
 - Cilantro (*Coriandrum sativum*)
 - Seaweed (*Chondracanthus chamissoi*)
- Imprinted with frequencies of many heavy metals – mercury, aluminium, cadmium, arsenic, nickel, lead, indium and radium
- Helps mobilize heavy metals from the cells and chelate them to remove them from the body
- Full of beneficial sterols in the marine algae
- Safe for children





SPARGA

- Sparga is an extract of *Asparagus officinalis* root
- Imprinted with frequencies help body to resolve toxicity from sulphur antibiotics (found in non-organic meats or prescribed by doctor)
- Many people who have difficulty detoxifying may have sulphite or sulphate toxicity
- Sulphites bind to the receptors of cells and then block the uptake of sulphur containing nutrients like cysteine, methionine, taurine, glutathione, alpha lipoic acid and others in the cells
- By binding to these receptors they also inhibit the cell's ability to eliminate toxins
- Usual dose 10 drops 1-2 daily for several months. Maximum dose 60 drops per day



Herxheimer's Effect

- Healing reaction – first described by German physician Karl Herzheimer
- Die off of toxin producing micro-organisms releasing toxins into the body – feel worse before they feel better
- Nausea, vomiting, fatigue, headaches, muscle aches, abdominal discomfort, joint pains, weakness or other 'toxic' symptoms
- Overloads lymphatic channels
- Start low, go slow with Microbial Defense herbs
- Drink plenty of water
- See booklet for more suggestions
- May experience Herx with Samento, Banderol, Cumanda Houttuynia, Enula, Mora



Anti-Microbials



**Broad Spectrum
Antibacterial,
Anti-
inflammatory,
Immune System
modulator**

SAMENTO

**Antibacterial,
Antiviral, Antifungal,
Antiparasitic,
Anti-inflammatory**

**BANDEROL
CUMANDA
ENULA
MORA**

**Antibacterial
Antifungal
Antiviral**

HOUTTUYNIA

Samento

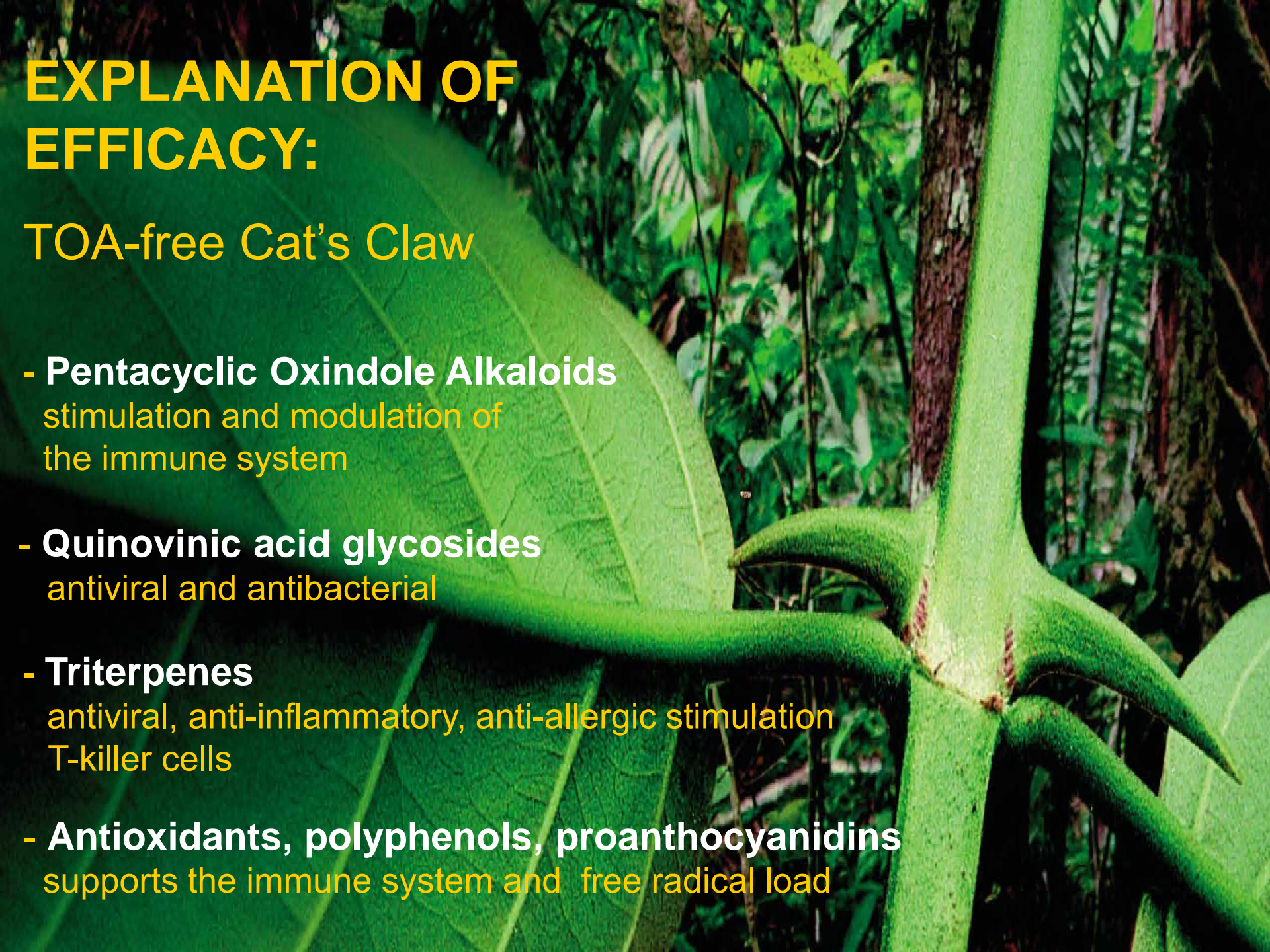


- TOA free Peruvian Cat's Claw
- Very effective as immune system adaptogen and antimicrobial
- Very effective for Borrelia, bartonella, coxsiella, erhlichia
- Well studied to curb inflammation, reduce cytokines, TNF- α , NFkB
- 84% as effective in animal tests as medical anti-inflammatory drugs
- Not to be used for those on immune suppressing medication, pregnant or breastfeeding

EXPLANATION OF EFFICACY:

TOA-free Cat's Claw

- **Pentacyclic Oxindole Alkaloids**
stimulation and modulation of the immune system
- **Quinovic acid glycosides**
antiviral and antibacterial
- **Triterpenes**
antiviral, anti-inflammatory, anti-allergic stimulation
T-killer cells
- **Antioxidants, polyphenols, proanthocyanidins**
supports the immune system and free radical load





Banderol

- Extract from Banderilla Roja (*Otoba parvifolia*)
- Helps to resolve Lyme related microbes
- Mainly used for antibacterial function
- Antiprotozoal, antifungal and mild antiviral properties as well
- 30 drops twice a day is effective dose – but start with 1 drop and build up slowly
- If used for fungal infections, should avoid all sugars and starches for 8 weeks



Study Sapi

In vitro effectiveness of Samento and Banderol on different forms of *Borrelia burgdorferi*

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Lyme Disease Research Group, Department of Biology and Environmental Sciences, University of New Haven, CT 06516.



Introduction

Borrelia burgdorferi (Bb), a spirochete bacterium, has the ability to adopt different inactive forms, such as cystic form and colony-like aggregates both *in vivo* and *in vitro*, in presence of unfavorable conditions such as exposure to antibiotics, commonly used for treating Lyme borreliosis^{1,2,3}. Unfortunately, when Bb is in these inactive forms, conventional antibiotic therapy will not destroy the bacteria. The frontline treatment for chronic Lyme disease is administration of tetracyclines (e.g. doxycycline) or macrolides (e.g. clarithromycin)^{4,5}. However, even after 3 months of treatment with these drugs, only a 50%-60% improvement rate is observed in patients, with a cure rate of only 20%^{4,5}. Besides this, the conventional antibiotic treatment for Lyme disease has several disadvantages including relapse of disease, high treatment cost and extremely unpleasant side-effects.

An alternative treatment approach, called Cowden's protocol, is a botanical treatment and is gaining wide use. This protocol has been in clinical use since 2006 and Dr. Richard Horowitz has shown clinical success using Cowden's protocol, with 70% improvement, which is significantly higher than the previous clinical trials on antibiotic agents⁶.

The two natural antibiotics from the Cowden's protocol selected for this study are Samento (also known as Cat's Claw, *Uncaria tomentosa*), having antibacterial and antiviral properties^{7,8} and Banderol (*Otoba* sp.) known to be antibacterial, anti-protozoal and anti-inflammatory⁹, both of which are used extensively during the first two months of Cowden's protocol. In this project, we tested these natural antibiotics, to study their effect on spirochete, cyst and biofilm forms of Bb.

Material and Methods

This study was performed using Bb-B31 (ATCC# 35210). Bb-B31 was cultured in BSK-H complete media, supplemented with 6% rabbit serum (Sigma B8291). To make the culture non-morphogenic for spirochete form, the culture was incubated in shaking incubator at 33°C and 270 r.p.m.

A wide range of concentrations of these herbal agents were initially tested to determine an effective concentration. Then, to assess the *in vitro* viability of Bb cultures exposed to Samento, Banderol and its combination at the selected concentration after 2 weeks, direct cell counting using a 10 µm bacterial counting chamber (Petroff-Hausser 3901) was performed to determine the effect on spirochete and cyst forms. Fluorescent microscopic technique using LIVE/DEAD BacLight Bacterial Viability Kit (Invitrogen L7012) was performed to visualize biofilm formation. Thus, the effectiveness of Samento, Banderol and its combination on spirochete, cyst and biofilm forms of Bb-B31 was tested.

Figure 1 - Effect of Samento, Banderol and their combination at different concentrations

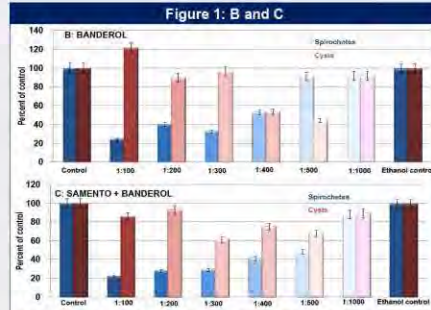
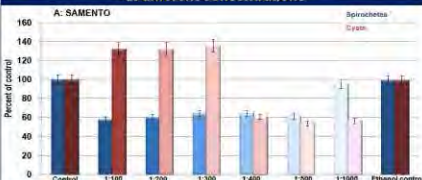


Figure 1: Effect of Samento, Banderol and Samento + Banderol on Bb-B31 after 96 hours by direct cell counting method. A: Samento, B: Banderol, C: Samento + Banderol

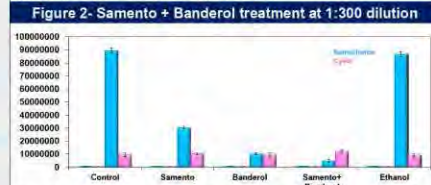


Figure 2: Sensitivity of Bb forms to Samento and Banderol (1:300 dilution) and daily administration for 2 weeks by direct cell counting method.

Figure 3- Samento and Banderol treatment compared to Doxycycline treatment

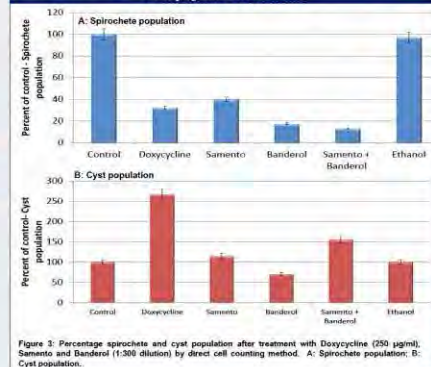


Figure 3: Percentage spirochete and cyst population after treatment with Doxycycline (250 µg/ml), Samento and Banderol (1:300 dilution) by direct cell counting method. A: Spirochete population; B: Cyst population.

Figure 4: Images of Bb biofilm after Samento and Banderol treatment using BacLight staining

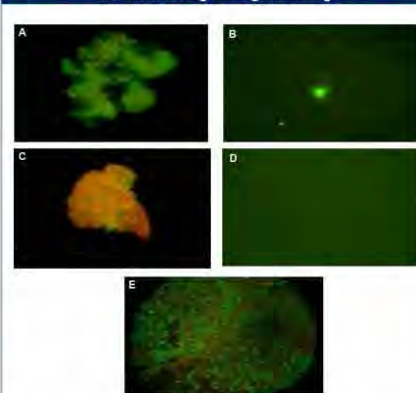


Figure 4: BacLight viability staining of Bb-B31 after treatment using SYTO9 (green fluorescent nucleic acid stain) and propidium iodide, a red fluorescent nucleic acid stain. A: Control, B: Samento (1:300 dilution), C: Banderol (1:300 dilution), D: Samento + Banderol (1:300 dilution), E: Doxycycline (250 µg/ml). All images are taken at 40X magnification.

Results

After testing wide range of concentrations of Samento, Banderol and their combination, 1:300 dilution worked best against the spirochete and cyst forms of Bb-B31 (Figure 1C) and this concentration was chosen for further study. Throughout the study, ethanol-control was also used because these herbal extracts contain 20%-25% ethanol.

The results from direct cell counting method showed significant reduction in the Bb-spirochete form, but not the cyst form, after 2 week exposure to Samento, Banderol and their combination (Figure 2). If compared to the most common antibiotic for Lyme disease treatment, doxycycline (250 µg/ml), it was observed that though doxycycline is very effective against the spirochete form, these natural antibiotics indeed have comparable effects. Furthermore, the combination of Samento and Banderol works even better than doxycycline for spirochete form (Figure 3A). Also, doxycycline treatment induces more cyst formation as compared to Samento, Banderol or its combination (Figure 3B). The BacLight staining helped to visualize the effects after treatment (Figure 4). The green fluorescent stain (having excitation/emission maxima of about 480/500 nm) stains healthy bacteria with intact membranes, thus staining live cells, and the red dye (having excitation/emission maxima of about 490/635 nm) stains bacteria with damaged membranes, by displacing the green dye, thus staining dead cells.

Samento and Banderol seem to be effective against the spirochete and cyst forms of Bb, however further research is required to determine their effect on the biofilm form.

Conclusions

In summary, 2 week *in vitro* treatment of Samento and Banderol is capable of eliminating Bb spirochete and cyst formations as seen by the direct cell counting method. Cowden's protocol uses these natural antibiotics daily for two months, suggesting that they probably help to significantly eliminate spirochetes and cysts. Our data supports the clinical success showed by Lyme disease patients who are on Cowden's protocol⁶.

The effect of Samento and Banderol on Bb biofilm is currently under further study and combinations of these natural antibiotics with Serrapeptase (a proteolytic enzyme, used throughout the 6 months in Cowden's protocol) are being performed. Early data shows promising results with combination of Samento, Banderol and Serrapeptase. Our novel study is to find potential alternative clinical treatment options for Lyme disease patients which would address all forms of Bb.

References

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Acknowledgements

We are grateful to the University of New Haven and the Turn the Corner Foundation for all their support.



Enula

- Combination of 3 extracts, Elecampane root (*Inula helenium*), Jalapa root (*Ipomoea jalapa*) and West Indian Grape (*Vitis tiliifolia*)
- Helps to soothe the lining of mucous membranes
- Promotes growth of beneficial bacteria in the gut
- Useful for roundworm, hookworm, whipworm and threadworm
- Also good for bronchitis and to reduce mucous secretions
- Elecampane – tested for it's effectiveness for MRSA
- 30 drops twice a day – can get Herxheimer's – increase water intake and take Burbur if this occurs

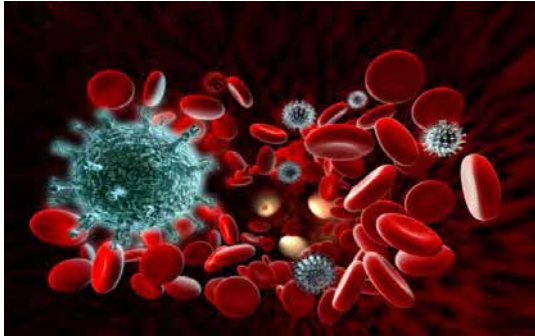




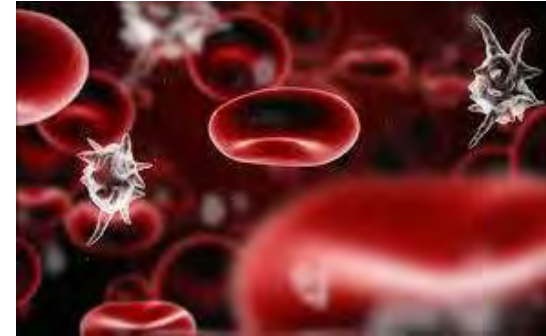
Mora

- Combination of 3 extracts, Yarrow (*Achillea millefolium*) Mulateiro (*Calcophyllum spruceanum*) and Blackberry leaf extract (*Rubus fruticosus*)
- Yarrow has many antimicrobial properties, but particularly its antiparasitic effects
- Used for its effectiveness against Babesia
- Mulateiro has demonstrated antifungal activity against common skin fungi and yeasts
- 30 drops twice a day – can get Herxheimer's – increase water intake and take Burbur if this occurs





Cumanda



- Bark extract from *Campsiandra angustifolia*
- Known as *Huacapurana* in Peru
- Maintains gastrointestinal health
- Very good anti-fungal and antiparasitic
- Helps balance gut microflora where candida krusei, candida albicans or aspergillus niger are present
- Also nick-named 'K.E.E.P' (kills everything except people)
- Tested very safe in animals up to 160 times the recommended dose for adults

Houttuynia

- *Houttuynia cordata*
- Plant from origin South Asia, against infections, high blood pressure, sinusitis, etc.
- In clinical studies effective against Bartonella; non toxic.
- Use: twice a day 15 drops



- **Magnesium Malate**
Mg-deficiency



- **Serrapeptase**
Cysts, Biofilm & Fibrin



ILADS Recommends

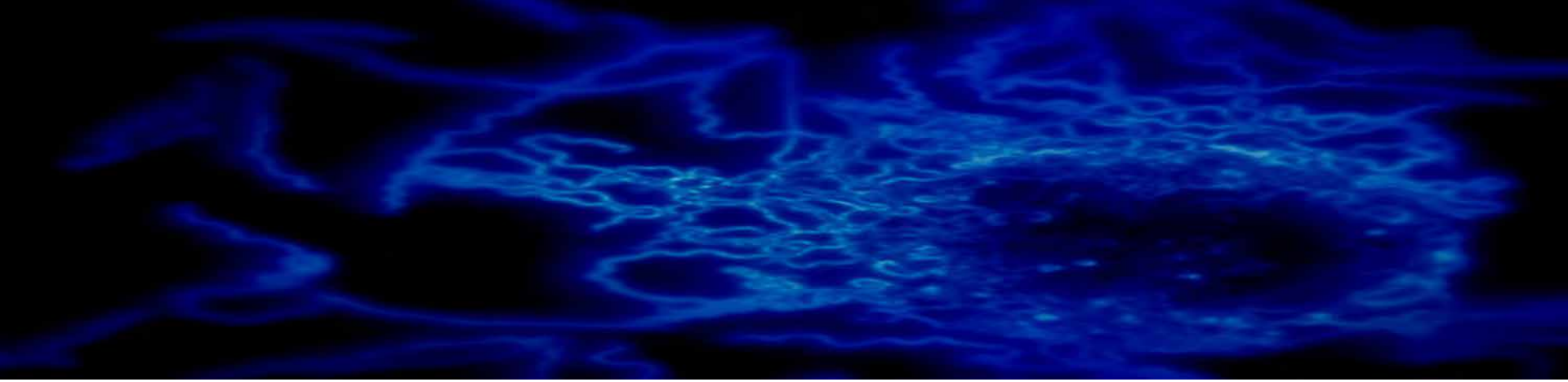
- Probiotics
- Multivitamin/multimineral
- Co-enzyme Q10
- B-vitamins
- Essential fatty acids
- Magnesium
- Alpha lipoic acid

Also very important:

- Healthy diet (fresh organic vegetables, organic grass fed meat, organic fish, nuts and seeds) – no sugar, wheat, or dairy
- Regular exercise
- Enzymes between meals
- Phosphatidyl choline
- Detox support, minimize exposure to toxins
- Homeopathics
- Glutathione
- Dry skin brushing/chi machine
- Laughter, love and family support
- Emotion release
- Drink enough fresh, filtered water
- Minimize EMF exposure
- Quality sleep

Conclusions

- Lyme, Borrelia and co-infections
- Antibiotic treatment
- CAM treatment(s)
- Cowden Support Program
- Protocol and/or Individual treatment



Thank you for listening!

Questions?