



UPROOTING LYME

Holistic Lyme Practitioner Mentorship 2022

Curriculum & Course Outline: Year 1
Course runs March 2022 - February 2023

Orientation: Wednesday March 2, 2022, 5:30 - 6:00 pm Eastern Time (ET),
Online via Zoom

Module 1

Web-Class 1.1: Lyme-Borreliosis, Gu Disease, & the UL Roadmap To Recovery

Suggested start date: Sunday March 6, 2022

- The epidemic nature of Lyme & stealth pathogens.
- Characteristics of Lyme-Borreliosis.
- The ancient concept of Gu disease, and how this understanding can inform our approach to holistic Lyme recovery.
- Orientation to the Uprooting Lyme Recovery Roadmap.

Web-Class 1.2: Case Illustration of the UL Approach, Borreliosis Diagnostic Concerns, & Holistic Treatment for Acute TBD Infection

Suggested start date: Sunday March 13, 2022

- Practical demonstration of the Uprooting Lyme approach to holistic treatment via a case study walk-through of the process.
- The Lyme diagnostic process and how to guide and advise patients.
- How to make a clinical diagnosis of Lyme disease via symptom presentation, history, and diagnostic lab tests.
- The UL basic treatment protocol for acute Lyme disease.

Web-Class 1.3: Creating Order Out Of Chaos: Organizing a complex case presentation.

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
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Suggested start date: Sunday March 20, 2022

- Applying the Uprooting Lyme Systems Model to an initial consultation.
- How to organize information and bring clarity to a messy case history.
- How diagnostic / treatment priorities evolve out of the initial evaluation.
- Realistic expectations for a holistic Lyme recovery journey.
- The characteristics of genuine healing: knowing what to look for.

Mentorship Call #1: Monday, March 28, 2022 4 - 5 pm ET

Module 2

Web-Class 2.1: Co-Infections, Part 1: Babesia & Bartonella

Suggested start date: Sunday April 3, 2022

- The nature of co-infections in general, and what it means for the Lyme recovery process to address these additional layers of infection.
- Clinical presentation, including diagnostic markers, and identification of the hallmark signs and symptoms of these infections.
- Natural treatment strategies and protocols for the treatment of Babesia and Bartonella.

Web-Class 2.2: Co-Infections, Part 2: Miscellaneous Opportunists

Suggested start date: Sunday April 10, 2022

- Clinical presentations of the most common co-infections and co-existing infections.
- Diagnostic markers, and how to identify hallmark signs and symptoms of these infections.
- Natural treatment strategies and protocols for specific co-infections.

Web-Class 2.3: Yeast & Parasites

Suggested start date: Sunday April 17, 2022

- Causes and clinical presentations of yeast and parasitic infections.
- Specialized questionnaires, diagnostic markers, and other techniques.
- Natural treatment strategies and protocols for the treatment of these infections within the context of Lyme disease.

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Mentorship Call #2: Monday April 25, 2022 4:00-5:00 pm ET

Module 3

Web-Class 3.1: The UL Approach to Detox for Lyme & Complex Chronic Diseases

Suggested start date: Sunday May 1, 2022

- The relationship between Lyme and toxicity, and why detoxification is so fundamental to treatment.
- Defining “toxin,” and external and internal sources of toxicity.
- The signs and symptoms of a toxic body.
- The core strategy that constitutes effective cleansing, a 2-step process called “Awaken + Release.”

Web-Class 3.2: The Cleansing Practices

Suggested start date: Sunday May 8, 2022

- Deep dive into how cleansing happens inside the body.
- Understand the role that each of these holistic cleansing practices plays to create momentum for detoxification.
 - Cellular Hydration
 - Alkalizing
 - Elimination
 - Consistency

Web-Class 3.3: Elimination Pathways, Consistency, & the Spectrum of Cleansing Practice

Suggested start date: Sunday May 15, 2022

- How to open and work with the avenues of elimination of the body.
- Practical aspects of the core cleansing protocol, and how to structure the day when incorporating these practices.
- The Spectrum Model for health-generating practices, and supporting the ongoing up-leveling of health generation until goals are achieved.
- Pacing, consistency, transition and other principles of success.

Mentorship Call #3: Monday May 30, 2022 4:00-5:00 pm ET

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Clinical Integration: June 5 - 11, 2022: No assignments

Module 4

Web-Class 4.1: The Lyme - Gut Connection

Suggested start date: Sunday June 12, 2022

- Gut function and physiology, and the connection between Lyme / stealth infections & chronic GI disease.
- 5 major components of dual Lyme / GI disease.
- Symptoms and treatment of nutritional deficiencies.
- Integration of diet with cleansing, Lyme disease, and gut health.

Web-Class 4.2: Food Allergies & Bacterial Infections of the Gut

Suggested start date: Sunday June 19, 2022

- Diagnosis and treatment of food allergies.
- 5-Step Protocol for an elimination diet.
- Causes and symptoms of intestinal permeability / leaky gut syndrome.
- Strategies and protocols for effective treatment of leaky gut.

Web-Class 4.3: Special Protocols for Specific GI Diseases

Suggested start date: Sunday June 26, 2022

- The treatment of gut infections & restoration of the microbiome;
- Diagnosis, symptomology and holistic treatment of other common GI conditions including SIBO, inflamed bowel disorders and upper GI disease according to this 5-step model.
- Specific natural protocols for the treatment of these diseases.

Mentorship Call #4: Monday July 11, 2022 4:00 - 5:00 pm ET

Module 5:

Web-Class 5.1: The Human Cellular Battery & Energy Restoration

Suggested start date: Sunday July 10, 2022

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- The emerging paradigm of the human cellular energy system.
- The human energy battery, and how to recharge it.
- Roles of structured water & light in charging the human energy battery.

Web-Class 5.2: The Role of Exercise, Circadian Rhythm & Sleep in Lyme Recovery

Suggested start date: Sunday July 17, 2022

- Role of movement and exercise in energy and health generation.
- How to work with patients at different levels of ability to implement a movement practice.
- The crucial roles of circadian rhythm and autophagy in health generation, and how to support these biological processes.
- Role of sleep in health generation, and healing broken sleep patterns.
- Natural protocols for the treatment of different forms of insomnia.

Web-Class 5.3: Immune Deficiency, Inflammation, & Autoimmunity in Lyme Disease

Suggested start date: Sunday July 24, 2022

- How Lyme and stealth pathogens compromise the immune system.
- What promotes a healthy immune system; repairing immune function.
- The 2 opposing efforts of the immune system, and how to alleviate excessive inflammation while promoting immune function.
- The patho-mechanisms of autoimmunity from a holistic perspective.
- Strategies and protocols for the treatment of autoimmunity + Lyme.

Mentorship Call #5: Monday August 1, 2022 4:00 - 5:00 pm ET

Module 6

Web-Class 6.1: The Holistic Antimicrobial Strategy

Suggested start date: Sunday August 14, 2022

- What it means for a patient to be “antibiotic ready” and why this is crucial for treatment success.
- Why antibiotics often do not work to treat Lyme disease.

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- When to start, continue, or stop the use of antimicrobials within the context of a holistic Lyme treatment plan.
- The Uprooting Lyme multi-pronged strategy for the use of antimicrobials in Lyme and stealth infection treatment.

Web-Class 6.2: Gu Syndrome Materia Medica

Suggested start date: Sunday August 21, 2022

- Herbs utilized to fulfill each treatment strategy discussed in Module 6.1.
- In-depth background and information for 2-3 herbs for each category.

Web-Class 6.3: Biofilm, Herxing & Additional Non-Pharmaceutical Antimicrobial Treatments

Suggested start date: Sunday August 28, 2022

- The role of biofilm in Lyme infection and treatment.
- Additional non-pharmaceutical antimicrobial treatments beyond pharmaceuticals and herbals.
- Herx reactions, disease crises and healing crises – why they happen, how to distinguish them, and how to manage them to the patient's advantage.

Mentorship Call #6: Monday September 5, 2022 4:00 - 5:00 pm ET

Clinical Integration: September 11 - 17, 2022: No assignments

Module 7

Web-Class 7.1: The Lyme-Thyroid Connection

Suggested start date: Sunday September 18, 2022

- The thyroid's roles and relationships, and pathogenesis in the Lyme / complex chronic disease patient.
- Common symptomatology and presentation in Lyme disease.
- Thyroid hormone diagnostic testing and interpretation.
- Holistic strategies and protocols for healing thyroid dysfunction in the context of Lyme disease.

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Web-Class 7.2: Adrenal Health & Lyme Disease

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- Recognizing different types of adrenal gland dysfunction in Lyme.
- Adrenal gland lab testing options and interpretation.
- How adrenal gland excess or deficiency impacts the immune system, brain function, and other important aspects of Lyme recovery.
- Holistic treatment strategies and protocols for adrenal gland imbalance in the context of Lyme disease treatment.

Web-Class 7.3: HPA Axis Dysregulation

Suggested start date: Sunday October 2, 2022

- The HPA axis and the adrenal-medullary hormone system.
- Common causes of dysregulation.
- How HPA axis dysfunction perpetuates Lyme / complex chronic disease.
- 4 natural strategies for correcting HPA axis dysfunction.

Mentorship Call #7: Monday October 10, 2022, 4:00 - 5:00 pm ET

Module 8

Web-Class 8.1: Mold & Mycotoxin Illness & Treatment

Suggested start date: Sunday October 16, 2022

- The relationship between mold illness, stealth pathogens, and biofilm.
- Causative factors in mold and mycotoxin illness.
- Signs, symptoms and associated conditions.
- Mold and mycotoxin diagnostic testing for body and buildings.
- Holistic strategies and protocols for the treatment of mold and mycotoxin illness.

Web-Class 8.2: Heavy Metal Detoxification

Suggested start date: Sunday October 23, 2022

- Identifying heavy metal toxicity in Lyme / complex chronic disease.
- Common symptomatology & characteristics in the context of Lyme.
- Diagnostic testing options and interpretation.

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- Heavy metals detoxification protocols and guidance.

Web-Class 8.3: Stress

Suggested start date: Sunday October 30, 2022

- Stress as a roadblock to recovery.
- Holistic strategies & protocols for stress in the Lyme disease treatment.
- The role of mind-body-spirit medicine in Lyme recovery.
- Positive Psychology for Lyme disease patients.

Mentorship Call #8: Monday November 14, 2022 4:00 - 5:00 pm ET

Holiday Break: Sunday November 20 - 26, 2022: No assignments

Module 9

Web-Class 9.1: Lyme Brain – Treatment for the Brain & Cognitive Function in Lyme Disease

Suggested start date: Sunday November 27, 2022

- Mechanisms of brain disease due to Lyme-Borreliosis and co-infections.
- Symptomatic treatments for brain fog / cognitive deficits due to Lyme.
- Treatment plan strategies that best target “Lyme Brain.”
- Techniques to enhance cognition.

Web-Class 9.2: Psychiatric Manifestations & Treatment

Suggested start date: Sunday December 4, 2022

- Common psychiatric manifestations of Lyme & stealth infections.
- Challenges of working with Lyme-driven psychiatric disease.
- Holistic treatment strategies and protocols for psychiatric Lyme.

Web-Class 9.3: Neurotransmitter Therapy

Suggested start date: Sunday December 11, 2022

- Neurotransmitter physiology.
- Symptoms / distinctions among specific neurotransmitter imbalances.
- Causes of neurotransmitter imbalances in the Lyme patient.

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- 9 natural strategies to enhance neurotransmitter brain chemistry.

Mentorship Call #9: Monday January 9, 2023 4:00 - 5:00 pm ET

Module 10

Web-Class 10.1: The Energetic & Spiritual Layers of Disease

Suggested start date: Sunday January 15, 2023

- Energetic and spiritual perspectives of chronic infectious disease.
- Energetic diagnostic and treatment methods for enhancing clinical insight and treatment success.
- The spiritual gifts of illness and how they accelerate the recovery processes.

Web-Class 10.2: Skills & Systems for Successful Long-Term Client Relationships

Suggested start date: Sunday January 22, 2023

- Coaching as a vital clinical skill.
- Establishing reasonable expectations.
- Conducting high-value progress evaluations.

Web-Class 10.3: Sustaining Your Practice

Suggested start date: Sunday January 29, 2023

- Practice Management for holistic Lyme specialty practices.
- Clinical practice as a path of self-mastery.
- Practitioner mindsets for clinical success and professional happiness.
- Energy management for practitioners.

Mentorship Call #10: Monday February 6, 2023 4:00 - 5:00 pm ET

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