



# UPROOTING LYME

## NATURAL PREVENTION & TREATMENT OF ACUTE LYME DISEASE: *Proactive Steps + Decision-Making Guide*

*As experts in holistic Lyme disease treatment, we seek to educate and empower people in ways they can effectively prevent Lyme disease in the event of a bite. For starters, the best medicine is tick bite prevention!*

### TOP TIPS FOR TICK-BITE PREVENTION

- When enjoying the outdoors, use a natural, essential-oil based repellent, such as the [Welcome to the Woods Insect Repellent Lotion](#) or [Spray](#).
- Upon returning home, change out of your clothes and put them into the dryer for 40 minutes.
- Shower or bathe yourself using a rough loofah-type sponge. After drying off, place dabs of [clove essential oil](#) directly on a few “hot spots” of the body such as the nape of the neck, waist, and backs of the knees, and any place you remove a tick from your body.

*We find that people who follow these few basic steps almost never suffer infectious tick bites. However, even when we do all the “right” things to prevent a tick bite, it still can happen. If it does, here’s what to do:*

### TICK BITE 1ST AID:

- Remove the tick with tweezers by grabbing hold of the head of the tick (not the body) as close to the skin as possible and lifting straight up and out. If the tick is on a baby or child, or on a particularly sensitive body part (sex organs or eyelid for example.), we then recommend the [Q-Tip tick removal method](#).
- If the tick is still whole, you may send it for testing of infectious diseases at: <https://www.tickreport.com/>. If the tick is free of disease, then you don’t have to worry about seeking treatment. If it did contain disease, then we recommend following the “Option 2 High Risk” protocol below.
- In the meantime, place [clove essential oil](#) directly onto the tick bite and beyond the border of any redness. Do this 2-3x / day until signs of inflammation (redness, itching) disappear. It is a strong, penetrating broad-spectrum antimicrobial right where you need it most. In our experience, this alone eradicates tick-borne disease before the bacteria have a chance to take hold and create symptoms or illness in the body.

*The next level of prophylactic treatment involves taking herbal medicines orally in order to prevent and treat potential (or actual) infection. Below you'll find 2 levels of protocol, one for low risk scenarios, and one for high risk scenarios. This differentiation will help you avoid the pitfalls of under- or over-doing preventive herbal treatment.*

#### **LYME & CO-INFECTION PREVENTION & TREATMENT - OPTION 1 (Low Risk Scenario)**

- Low risk scenarios include 1 or more of the following:
  - The tick wasn't attached for long and there is minimal immune response (redness, itching or swelling) at the site of the bite;
  - Clove oil was applied and there are no symptoms;
  - You have a strong immune system and a clean lifestyle;
  - You have no history of Lyme-Borreliosis, tick-borne infection or other chronic infectious illness in your past.
- In such cases, for additional Lyme disease (and co-infection) prevention, we recommend the following:
  - [Colloidal Silver](#) at 1 teaspoon / 2x / day + [Exterminator tincture](#) at 1 teaspoon / 2x / day taken together in 2 oz. of water. These are also broad-spectrum and so may work against a range of possible tick-borne infections.
  - Continue this regimen for 4 weeks; if no signs of infection occur, you should be in the clear.
  - At 6 weeks post-bite, you can opt to get a Western Blot blood test and see if there are any positive bands. If there are, follow the protocol for the High Risk Scenario (below) and consider taking pharmaceutical antibiotics.

#### **LYME & CO-INFECTION PREVENTION & TREATMENT - OPTION 2 (High Risk Scenario)**

- High risk scenarios include any of the following:
  - The tick was well attached, and there is a stronger immune response at the site of the bite (lots of redness, itchy, possibly swollen or purplish in the center);
  - You didn't see the tick, thought you had a spider bite, cellulitis, poison ivy (etc.) and realized later that the bite was due to a tick (i.e. no immediate topical treatment with clove essential oil);
  - You feel run down, have a weaker immune system, have a history of Lyme disease, auto-immunity or other chronic infection;
  - You have a lifestyle that may leave you vulnerable to chronic infection (high stress, poor sleep, poor diet, etc.);
  - There are symptoms occurring that may be attributed to early Lyme disease (e.g. feeling fatigued, inflamed, or achy).
- In such cases, for more potent Lyme disease and co-infection prevention / treatment, we recommend the following:
  - [Spiro Upward Liposomal Essential Oil Remedy](#) at 2 Tablespoons / 2x / day; +

- [Exterminator Tincture](#) at 1 teaspoon / 2x / day. These remedies may be taken at the same time, preferably 30 minutes or more away from food.

***If you need ideas for masking the taste of any of these products, you will find them [HERE](#).***

#### **TIPS REGARDING TESTING FOR LYME & CO-INFECTIONS:**

- The ELISA test is extremely unreliable. Always request the Western Blot when testing for Lyme-Borreliosis.
- Following a tick bite, the Western Blot test cannot reveal the presence of infection until at least 6 weeks post-bite, so there is no point doing blood work until after this amount of time has passed.
- The Western Blot is approximately 65% accurate, so do not rely on any blood test to decide definitively whether or not you have Lyme disease.
- There are numerous co-infections (similar diseases that can infect the body at the time of a tick bite) that each require distinct testing and clinical evaluation.

***Unfortunately, testing for Lyme-Borreliosis and some co-infections is very unreliable. True diagnosis can be made by a knowledgeable health practitioner who will evaluate your signs, symptoms, bloodwork, and history to give you accurate feedback and direction for further diagnosis and treatment.***

***If you are considering taking pharmaceutical antibiotics in addition to the herbal medicines, you will find some additional thoughts for guiding that decision below.***

#### **WHEN TO TAKE ANTIBIOTICS**

- The Uprooting Lyme approach seeks to minimize antibiotic use. Excessive use of antibiotics is harmful to the health of individuals and the planet, and leads to antimicrobial resistance, wherein the antibiotics no longer work effectively.
- Whether or not to take antibiotics is a personal choice. In our clinical experience the best outcomes are born out of people taking into consideration your personal history, constitution, past response to antibiotics, and ultimately doing what feels most aligned for you (i.e., trust your instincts!).
- It may make sense to take antibiotics in addition to the “High Risk” herbal regimen described above if:
  - You develop a Bull’s Eye (target) or other type of rash at the site of the bite or elsewhere on the body;
  - You develop a fever, fatigue, aches, swollen glands, or any other symptom that doesn’t have another clear cause then it may be due to tick-borne infection.
- If you do decide to take antibiotics, be sure to continue taking the herbal regimen described above + *Saccharomyces boulardii* probiotics.

- If you have a confirmed case of Lyme disease, the antibiotics may be taken for 3-6 weeks. The herbals should be continued for 2 months after all symptoms disappear and you are feeling all better.

*If you have questions or would like a clinical consultation to determine your diagnosis and/or seek personalized holistic treatment, please call or email the Nourishing Life Health Clinic at (845) 687 – 6211 / [info@noulifehealth.com](mailto:info@noulifehealth.com).*