



UPROOTING LYME

Holistic Lyme Practitioner Mentorship 2024-25

The Holistic Lyme Practitioner Mentorship is a comprehensive professional-level training in the holistic and natural treatment of Lyme disease and complex chronic illnesses.

This innovative program combines online modules of material with a detox practicum, live clinical training sessions, and monthly mentorship calls with Hillary Thing, a leader in holistic Lyme disease and complex chronic illness treatment. The skills gained are applicable to a broad range of modern diseases.

The course may be taken for 67.5 NCCAOM continuing education credits.

Online Coursework

Online Modules

(30) ~90-minute Pre-recorded Web-Classes

(10) 1-hour Live Mentorship Calls

The online segment of the course consists of 10 modules containing 3 pre-recorded web-classes, each on critical topics within the specialty of holistic Lyme disease and complex chronic illness treatment. Weekly reminders keep you moving along at the suggested speed of 1 web-class per week, or go at your own speed. Monthly live Zoom mentorship calls give us an opportunity to connect and discuss the course material in real time.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

Detox Practicum

The Detox For Lyme Online Program

(8) ~15 minute Pre-recorded Videos

(8) 30-minute weekly Q&A / Coaching Calls

Jump-start the spring season in April with Hillary's [Detox For Lyme](#) online detoxification program. Watch short videos on detox practices and dip your toe, or fully dive into an 8-week cleanse! All practitioners are encouraged to participate alongside patients so that we experience the shifts of adopting the cleansing lifestyle together. This is your opportunity to try out some new cleansing practices, or take what you already do to the next level! All participants will be supported by weekly Q&A / Coaching calls hosted by Hillary.

Clinical Training

Virtual Clinics

(4) 2-hour virtual training sessions

After we have a strong grounding in the detoxification and lifestyle medicine part of the healing approach, we will turn our focus to the more formal "treatment phase" of the patient journey. Four 2-hour Clinical Trainings based on consultations that Hillary has conducted will be held throughout the year.

Practitioners will be encouraged to preview certain cases ahead of time - their video consultations, labs, and treatment plans - so that these cases serve as a basis for discussions about diagnosis, labs, treatment protocols, herbal formulation, and case management. Practitioners will also have the opportunity to receive support with their own cases as time allows.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

HLPM Curriculum & Course Outline

Course runs March 17 2024 - February 2025

Orientation Kick-Off Call: Monday March 18, 2024
4:30 - 5:30 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 24, 2024

- 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 31, 2024

- 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.

Suggested start date: Sunday April 7, 2024

- 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.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

- The characteristics of genuine healing: knowing what to look for.

Mentorship Call #1: Monday, April 15, 2024 4:30 - 5:30 pm ET

Module 2

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

Suggested start date: Sunday April 21, 2024

- 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.

Detox for Lyme Coaching Call #1: Wednesday April 24, 2024 5:45 - 6:30 pm ET

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

Suggested start date: Sunday April 28, 2024

- 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.

Detox for Lyme Call #2: Wednesday May 1, 2024, 5:45 - 6:30 pm ET

Web-Class 2.3: Yeast & Parasites

Suggested start date: Sunday May 5, 2024

- 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.

Detox for Lyme Call #3: Wednesday May 8, 2024 5:45 - 6:30 pm ET

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com



UPROOTING LYME

Mentorship Call #2: Monday May 13, 2024 4:30-5:30 pm ET

Detox for Lyme Call #4: Wednesday May 15, 2024 5:45 - 6:30 pm ET

Module 3

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

Suggested start date: Sunday May 19, 2024

- 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."

Detox for Lyme Call #5: Wednesday May 22, 2024 5:45 - 6:30 pm ET

Web-Class 3.2: The Cleansing Practices

Suggested start date: Sunday May 26, 2024

- 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

Detox for Lyme Call #6: Wednesday May 29, 2024, 5:45 - 6:30 pm ET

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

Suggested start date: Sunday June 2, 2024

- 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.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

- 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.

Detox for Lyme Call #7: Wednesday June 5, 2024, 5:45 - 6:30 pm ET

Detox for Lyme Call #8: Wednesday June 12, 2024, 5:45 - 6:30 pm ET

Mentorship Call #3: Monday June 17, 2024, 4:30 - 5:30 pm ET

Module 4

Web-Class 4.1: The Lyme - Gut Connection

Suggested start date: Sunday June 23, 2024

- 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 30, 2024

- 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 July 7, 2024

- 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.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

Mentorship Call #4: Monday July 15, 2024 4:30 - 5:30 pm ET

Virtual Clinic #1: Thursday July 25, 2024 10:00am - 12:00 pm ET

Module 5:

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

Suggested start date: Sunday July 28, 2024

- 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 August 4, 2024

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 August 11, 2024

- 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.

Clinical Integration Weeks: August 18 - September 7

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com



UPROOTING LYME

Mentorship Call #5: Monday September 9, 2024 4:30 - 5:30 pm ET

Module 6

Web-Class 6.1: The Holistic Antimicrobial Strategy

Suggested start date: Sunday September 15, 2024

- 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.
- 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.

Virtual Clinic #2: Thursday September 19, 2024 10:00am - 12:00pm ET

Web-Class 6.2: Gu Syndrome Materia Medica

Suggested start date: Sunday September 22, 2024

- 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 September 29, 2024

- 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 October 7, 2024, 4:30 - 5:30 pm ET

Module 7

Web-Class 7.1: The Lyme-Thyroid Connection

Suggested start date: Sunday October 13, 2024

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com



UPROOTING LYME

- 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.

Web-Class 7.2: Adrenal Health & Lyme Disease

Suggested start date: Sunday October 20, 2024

- 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 27, 2024

- 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 November 4, 2024, 4:30 - 5:30 pm ET

Module 8

Web-Class 8.1: Mold & Mycotoxin Illness & Treatment

Suggested start date: Sunday November 10, 2024

- 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.

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com



UPROOTING LYME

Web-Class 8.2: Heavy Metal Detoxification

Suggested start date: Sunday November 17, 2024

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

Web-Class 8.3: Stress

Suggested start date: Sunday November 24, 2024

- 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 December 2, 2024 4:30 - 5:30 pm ET

Virtual Clinic #3: Thursday December 12, 2024 10:00 am - 12:00 pm ET

Advanced Gu Herbal Medicine Training (Year 2) Info Session: Wednesday
December 18, 2024 5:45-6:30 pm ET

Holiday Break: No assignments

Module 9

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

Suggested start date: Sunday December 29, 2025

- 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 January 5, 2025

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com



UPROOTING LYME

- 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 January 12, 2025

- Neurotransmitter physiology.
- Symptoms / distinctions among specific neurotransmitter imbalances.
- Causes of neurotransmitter imbalances in the Lyme patient.
- 9 natural strategies to enhance neurotransmitter brain chemistry.

Mentorship Call #9: Monday January 27, 2025 4:30 - 5:30 pm ET

Module 10

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

Suggested start date: Sunday February 2, 2025

- 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 February 9, 2025

- 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 February 16, 2025

- 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.

Hillary Thing, MS, LAc.

Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211

www.uprootinglyme.com



UPROOTING LYME

Mentorship Call #10: Monday February 24, 2025 4:30 - 5:30 pm ET

Virtual Clinic #4: Thursday February 27, 2025 10:00 am - 12:00 pm ET

Graduation Celebration! When all is said and done, we will want to celebrate YOU. Please plan to join us on Thursday 2/27, from 12 - 12:30 pm ET for a virtual gathering to close our year of growth and learning together.

Hillary Thing, MS, LAc.
Uprooting Lyme / Nourishing Life Health Center
2821 Route 209, Kingston, NY 12401 (845) 687-6211
www.uprootinglyme.com