



UPROOTING LYME

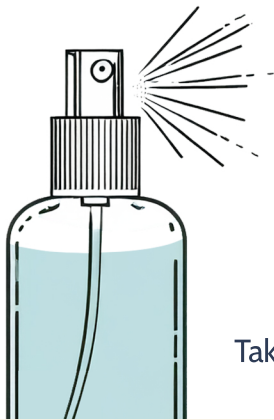
# Natural Lyme Disease Treatment Guide

An empowering holistic approach to maintaining your health

As experts in holistic Lyme disease treatment, we are here to support you with effective methods for prevention and treatment that don't involve harmful side-effects for you or the planet.

*The best prevention starts with tick bite protection.*

## Top Tips for Tick Bite Prevention



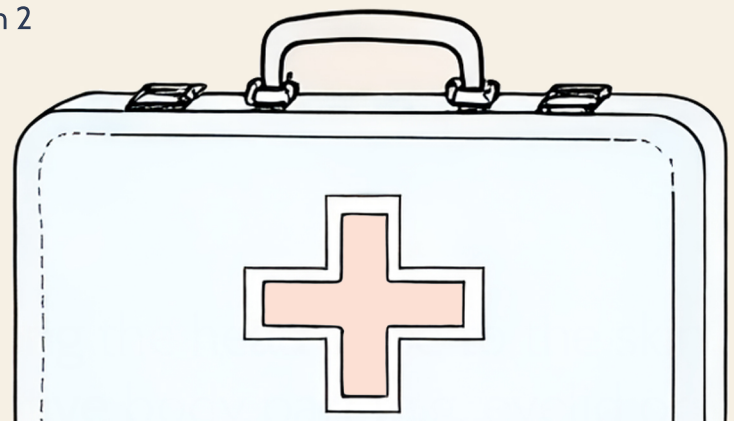
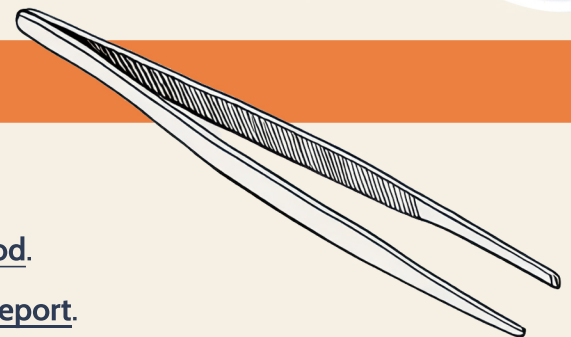
- 1** When enjoying the outdoors, use a natural, essential-oil based repellent, such as [Welcome to the Woods Insect Repellent](#).
- 2** Upon returning indoors, shower and use a rough loofah sponge to scrub, then apply [clove essential oil](#) on key areas (e.g., neck, waist, knees, as an added safeguard).
- 3** Wash and dry your outdoor clothes.

Taking these steps routinely can greatly minimize the likelihood of a tick bite.

*However, if you do get bitten, here's what to do.*

## Tick Bite 1st Aid

- 1** Remove the tick carefully with tweezers by gripping the head close to the skin. If the tick is on a small child or a particularly sensitive body part (e.g. eyelid or genitals), use the [Q-Tip method](#).
- 2** You can send the tick for testing of infectious diseases at [Tick Report](#). If disease-free, no further treatment is necessary. If the tick was infected, then we recommend following the "Option 2 High Risk" protocol below with the remedies that match the specific infection.
- 3** Apply [clove essential oil](#) directly 2-3x / day to the tick bite and surrounding area until it clears. This may prevent an infection before symptoms develop.



# Lyme & Co-Infection Prevention & Treatment

*For mild bites with minimal symptoms*

## Option 1: Low Risk Scenario

- Take Exterminator tincture at 1 teaspoon twice a day. 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.

*For more severe bites and symptoms*

## Option 2: High Risk Scenario

- Take 2 Tablespoons of Spiro Upward Essential Oil Liposomal Remedy + 1 teaspoon Exterminator Tincture twice per day, ideally 30 minutes or more away from food.
- Continue for a minimum of 2 months after all symptoms disappear and you are feeling all better.



If you need ideas for improving the taste of the remedies, check out these tips.





## Testing for Lyme & Co-infections

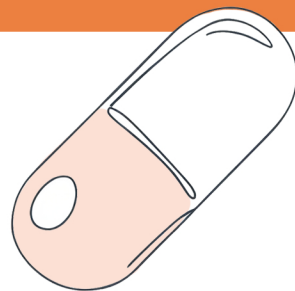
The standard Western Blot test, accurate only after 6 weeks post-bite, should not be relied upon alone — its accuracy is only about 65%. Additionally, co-infections often require specialized testing and evaluation.

The most accurate diagnosis comes from a knowledgeable health practitioner who considers your symptoms, blood work, and medical history. We're here to guide you and provide clarity in your diagnostic and treatment journey.



## When to Take Antibiotics

Our Uprooting Lyme approach minimizes antibiotic use to protect your health and the environment, as overuse leads to resistance. Antibiotics may be appropriate if you develop a Bull's Eye rash, fever, or other symptoms of Lyme. If antibiotics are used, combine them with our herbal regimen and *Saccharomyces boulardii* probiotics for optimal results.



## Personalized Support

If you have questions or would like to schedule a personalized consultation with one of our practitioners, contact the **Nourishing Life Health Clinic** at (845) 687-6211 or [info@noulifehealth.com](mailto:info@noulifehealth.com).

Let us help you achieve a full recovery from Lyme disease with tailored holistic treatment.



UPROOTING LYME

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