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Bizarre Neurological Sensations in Lyme Disease

by Tired of Lyme, www.tiredoflyme.com

Our sense of touch, or ability to feel, is a direct result of the nervous system. We are constantly in physical contact with something, but we're not always conscious of what it is we are in fact touching. When we become conscious of what has come in contact with our nervous system, we then discern for our own records the characteristics of that sensational experience. The brain remembers if what we felt was soft or hard; cold or hot; painful or pleasant; and even how we felt during the experience so as to dictate and influence how we will approach the same experience in the future.

But the nervous system doesn't have to touch anything for it to be provoked, at least externally. The bacteria responsible for Chronic Lyme Disease, and even some of its coinfections such as Bartonella, can hijack the nervous system and create strange and unusual sensations normally felt from an external influence. The effect of these bacteria on the nervous system is such that a person may need to consciously remind themselves that what is causing their bizarre neurological sensations is internal; not external even though the brain has been programmed to assume this to be.

Below are just a few example of the strange neurological sensations a person with Chronic Lyme Disease may experience throughout their ordeal:

Tingling

Tingling sensations are also commonly referred to as "pins and needles", and for good reason. The sensation itself has been described as if a person was being pricked with sharp pins and needles. A person can feel the sensations at random locations throughout the body consecutively within a short period of time, or in a localized region of the body. The symptom itself can even give the illusion that something external has come in contact with the skin, such as a bug. A notable cause of this sensation to localize in the extremities, such as the hands or feet, is a deep breath.

Numbness

A neurological sensation that makes prominent to the conscious mind the affected areas of the body. A region of the body will feel numb on its own, but the physical contact from say a hand can be felt. The sensation has been described as the complete opposite of the what an amputee may feel with a phantom limb. Amputees may feel a limb is

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"...The effect of these bacteria on the nervous system is such that a person may need to consciously remind themselves that what is causing their bizarre neurological sensations is internal; not external even though the brain has been programmed to assume this to be..."

-Taken from 'Bizarre Neurological Symptoms in Lyme Disease'

still attached even though the limb itself is gone. A person that experiences a numb sensation feels as if the region or part of the body is gone even though it still remains.

Crawling

This is one of the symptoms where the brain assumes the cause of sensation to originate from an external source. The sensation is most commonly, and immediately deduced as a bug crawling on the skin, even before visual verification. It isn't uncommon either to instinctively swat at the area of the symptom as to remove the crawling bug that doesn't exist. Much like the tingling sensation, crawling sensations can occur at random locations throughout the body, but also in a localized region which will be brought up a little later.

Buzzing or Vibrating

Most people know what a vibrating cell phone feels like in their pocket, which is why this symptom is commonly described as one. This sensation can give the illusion that a person is receiving a phone call from a vibrating cell phone embedded just underneath the skin. But it isn't just a localized region to where this strange sensation can occur, as the whole body can become what is described as one giant vibrating cell phone. A whole body vibration or buzzing sensation has been found to occur during the original manifestation stage of Chronic Lyme Disease, but to never occur again.

Freezing or Burning

Depending on how severe this symptom is, it can be referred to as just a cold or hot sensation, or a freezing or burning sensation. When a person feels a freezing sensation, it is localized and feels much like an ice cube resting upon the skin. A burning sensation gives the illusion that a specific part of the body is on fire, or entirely too close to an extreme source of heat. Don't confuse these symptoms with a constantly cold or hot body, which are said to be caused by a compromised endocrine system or candida overgrowth, rather than neurological disruption.

The Ant Dance

A sub-symptom of crawling sensations, the ant dance is a localized sensation that ants are crawling just under, or on the surface of the skin. In more detail, the symptom can be described as ants crawling around in a confined area of the skin no more than a couple inches in diameter. It's similar to taking a paper cup, removing the bottom so it becomes a cylinder, then placing the cup on the skin with ants inside. The symptom itself is more rare than its fellow neurological sensations, but still causes the same creepy feeling that something is crawling around; or at least that's how the brain has been programmed to respond.

Pain

The most loathed of all the neurological sensations is pain. The level of pain a person with Chronic Lyme Disease experiences can be very mild and last for just a day, or can be excruciatingly severe and last for days. This neurological sensation is located much deeper than the others, in that the muscles, joints, bones, and organs become affected. If you're dealing with pain from Chronic Lyme Disease, you may be able to find a pain relieving method on www.tiredoflyme.com - methods generously submitted by those who have endured.



Marijuana May Prevent Memory Loss by Reducing Brain Inflammation

by Shelley M. White

Researchers at Ohio State University found certain components of marijuana to be beneficial for the aging brain, as they were proven to reduce brain inflammation and regenerate dead brain cells. Such information may come as an astounding fact to many, as it is the complete opposite of what we have been taught in regards to marijuana's effect on the brain. The common notion that marijuana impairs memory function and kills brain cells is turning out to be quite contradictory to the truth, meaning public schools and organizations we trusted to help us were, in reality, harming us by robbing us of a truth that could save our lives in the future. Cannabis has shown to be a key to good health, even more so when we eat it rather than smoking it.

This research would be an especially exciting breakthrough for those affected by Alzheimer's, as Alzheimer's is thought to be the result of a chronically inflamed brain, if the government miraculously woke up and ceased to deny human beings of their rights to healthy lives by nationally legalizing marijuana. Furthermore, this research offers a potentially major breakthrough for those with late stage neurological Lyme disease (neuroborreliosis), as a vast majority of debilitating symptoms caused by the disease stem from inflammation of the brain.

Due to its ability to regrow brain cells and reduce brain inflammation, it is quite possible marijuana will be, and always has been, the perfect antidote to neurodegenerative diseases. One can only hope others will continue to bravely speak out about the benefits of marijuana in an effort to give future generations a shot at a health care system, and ultimately a quality of life, unparalleled to our own.

****Please note:** Although you may know a habitual smoker who seems to suffer from memory loss, it is important to note that said benefits of marijuana were achieved using extremely low doses. Researchers discovered a single puff a day is enough to provide an individual with significant, long-lasting health benefits. As with anything else, it is not meant to be abused.

Resources

- <http://www.telegraph.co.uk/science/science-news/3485163/Marijuana-may-improve-memory-and-help-fight-Alzheimers.html>
- <http://www.wired.com/wiredscience/2008/11/marijuana-could/>
- <http://www.psychologytoday.com/blog/your-brain-food/201007/maintaining-memor>

Tick Season: Tick Expert Bob Oley Shares Lyme Prevention



Warm weather is quickly approaching, and tick season is following close behind.

Considering that Lyme disease has the ability to debilitate you and/or kill you, the fact that it is the fastest growing vector borne illness in North America means it is absolutely imperative for families everywhere to become aware and educated on the topic to protect themselves. So, take a few minutes to read a few wise tips to aid you in doing so. Taking a few minutes to get educated over spending every minute for the rest of your life in torturous pain and agony from Lyme? Sounds like a bargain to me!

Lyme disease is most prevalent during the spring and summer months -which is why May is designated as "Lyme Disease Awareness Month." The rate of infections is rapidly increasing, with numbers of infected people in the US are higher than ever before. The Centers for Disease Control (CDC) have pegged Lyme disease as a "tremendous" public health problem infecting 300,000 people every year -10 times more than any other year.

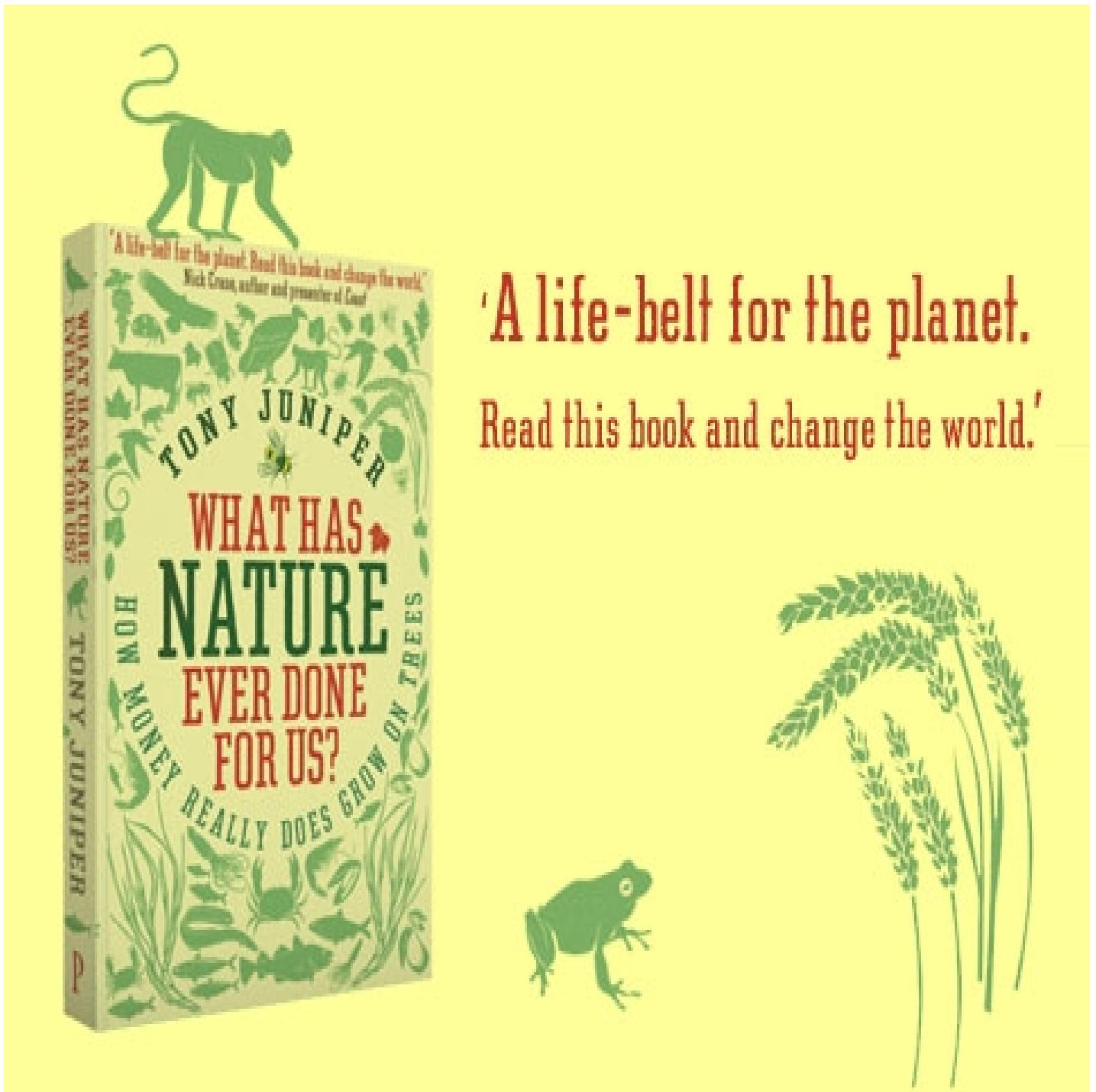
Bob Oley, a tick-borne disease prevention expert and the Public Health Consultant for more than 30 years for the non-profit agency called the "Tick-Borne Disease Alliance" (TBDAlliance.org) was kind enough to share the following Lyme disease prevention tips with us:

- Wear clothing that is treated with Permethrin. This is one of the easiest things to do with big prevention payoffs. Don't forget to also spray your outside shoe wear, backpacks and other outdoor activities. You can purchase Permethrin at any major pharmacy or mega store.
- Apply a tick repellent on your exposed skin. You can buy insect repellents with chemicals such as IR3535, Picaridin, and DEET, or if you prefer using organic products, try essential oils like Lemon Eucalyptus Oil or Cedar Oil.
- Keep your outdoor clothing outside of your home. All other clothes should be put immediately into the clothes dryer on high heat for 20-30 minutes. The dry heat will effectively kill any ticks that may have latched themselves on your clothing.
- Conduct full body tick checks of family members who go outside, both when they return indoors, as well as at night before

ies-marijuana

- <http://www.collective-evolution.com/2013/08/23/20-medical-studies-that-prove-cannabis-can-cure-cancer/>
- <http://www.collective-evolution.com/2013/09/21/marijuana-may-prevent-memory-loss-by-reducing-brain-inflammation/>

they go to bed. Be sure to check some areas you are more likely to find ticks; between your toes, behind your knees, in the navel, on your back and behind your ears. This is particularly important for children.



'A life-belt for the planet.
Read this book and change the world.'





My Story of Recovery from Chronic Lyme Disease... Why Antibiotics Were Insufficient, and Why "It's Not All About the Bugs"

by Connie Strasheim

I have been walking a serious healing journey since 2004, when I first became disabled by chronic illness involving Lyme disease. During the first few years that I was sick, I quit my job, sold my home, depleted my 401K, and spent every last dollar of my savings on medical treatments. Finally, I am in a much better place, but it has taken me a long time to get here. In the meantime, I have learned many lessons, including what it truly takes to get well from chronic Lyme.

I have done many types of therapies throughout my healing journey. To treat the Lyme disease infections, I have used pharmaceutical antibiotics, Rife machines, biophoton therapy, and high-dose herbal remedies, among other treatments. While all of these approaches have been useful for lowering my pathogen load, some produced harmful side effects and none were sufficient by themselves to either eliminate the infections or my symptoms. Biophoton therapy, for instance, removed some of the *Borrelia* infection in my body, but was ineffective for treating other infections, and caused me to become more sensitive to electromagnetic fields (EMFs).

As another example, pharmaceutical antibiotics were effective for significantly lowering my pathogen load, according to Autonomic Response Testing and Zyto test results, but after 15 months of intensive therapy with multiple combinations of 5-6 types of antibiotics, I felt no better than when I had started. In fact, I felt worse. (And this was after doing about four years of other antimicrobial treatments, including Rife, herbal and biophoton therapy).

I surmise that I felt worse partly because the antibiotics had caused some damage or at least stress to my body, which took months to resolve (although the side-effects finally did go away!). And I discovered that I wasn't just ill from insect-borne Lyme disease infections; multiple other factors, such as hormone and neurotransmitter dysfunction, emotional trauma, and other pathogenic infections such as mold, were also making me sick.

During the first years that I was ill, I focused more upon removing the infections from my body than upon healing my "inner terrain." Fortunately, over time, I found that detoxifying and rebuilding my body with nutrition and other therapies was just as important as eliminating the infections. And this is what finally helped me to finally feel better, after many years of antimicrobial therapy.

Because of what I learned, I published a book in 2012 entitled, *Beyond Lyme Disease: Healing the Underlying Causes of Chronic Illness in People with Borreliosis and Co-Infections*: www.beyondlymedisease.com, to teach people that Lyme disease isn't just "all about the bugs." Most people with chronic Lyme have multiple other factors that are making them sick besides infections, and in this book, I describe some of those factors.

Nonetheless, treating the Lyme infections is also important. As a result of my experience and what I have observed in other people with Lyme, I believe that pharmaceutical therapy is useful and sometimes even necessary, especially if a person's health is declining rapidly. (By the way, I am not a doctor, so what I share here should not be construed as medical advice)! But because of the long-term side effects that antibiotics can cause, I prefer natural remedies as a first line of defense, and antibiotics only if the natural remedies fail. Herbal remedies can be just as effective as drugs and other therapies, if properly prescribed. Antibiotics are also disadvantageous because they weaken immune function by destroying beneficial bacteria in the gastrointestinal tract and on the skin. These bacteria kill incoming pathogens from the environment, which enter the body through the air, skin, food and water supply. Seventy percent of all pathogens are removed by these beneficial bacteria, so if they get destroyed by antibiotics, then it's possible for other infections to enter the body and overburden the immune system. Antibiotics also encourage the creation of "super bugs" which can be resistant to therapy, and they damage the environment and body in a variety of other ways.

I am grateful that antibiotics removed some of the infection from my body, but they also harmed it in more ways than one. The drugs taxed my organs, caused my circadian rhythm to be disrupted, and caused me to develop a systemic yeast infection (despite taking probiotics throughout the therapy). I also have blurriness in my right eye as a result of one particular medication. During the course of therapy, I also became allergic to one medication, and spent six weeks lying on my floor and in my bed, because my liver was so stressed from the medication and I couldn't even sit in a chair due to extreme fatigue.

While powerful, antibiotics also failed to completely eliminate the infections, so in 2010 I once again began an herbal antimicrobial protocol using NutraMedix remedies. I had used these remedies before, but not by themselves (that is, without also taking antibiotics), and not according to the protocol that is recommended by Lee Cowden, MD, who is an expert in their use and a consultant to the NutraMedix company.

So in early 2012, I began taking NutraMedix's antimicrobial remedies to treat the low-grade *Borrelia* and *Bartonella* infections that remained in my body, as well as the systemic fungal and mold infections that I had developed as a result of prolonged antibiotic use and from living in a damp environment. I took Banderol, Cumanda and Samento according to the Cowden Support Program, which is a protocol developed by Dr. Cowden in 2007, and which was initially designed for the treatment of *Borrelia* and co-infections (Today, however, the Program is also used to treat many other types of chronic health conditions, since it effectively removes a broad variety of toxins and infections from the body). The products used in the program are listed on the NutraMedix website: www.nutramedix.com as well as the Bionatus Labs website: <http://www.nutramedix.ec>. The Bionatus Labs website provides the most comprehensive product and Cowden Support Program information—including a 2-page summary of the program, a 270-day treatment schedule; videos, study reports, product information sheets and testimonials—since FDA rules prohibit NutraMedix from publishing that information on their US website.

Along with the NutraMedix antimicrobial remedies (which I dosed at 50 drops per remedy, twice daily), I took biofilm-busting systemic enzymes, such as nattokinase and lumbrokinase as well as serrapeptase, which are a part of the Cowden Support Program. After six months of treatment, I felt much better and the infections no longer showed up in my body on Zyto scans or by Applied Kinesiology testing.

At times, I wonder if I would have had to take long-term, high doses of antibiotics or spent so many years treating the infections with other therapies, if I had tried the Cowden Support Program from Day One. This is something that I will never know for sure, but it seems that the herbal remedies were effective for removing some of what the antibiotics did not.

Throughout my journey with Lyme, and having spoken to many people with Lyme, I've also learned that there is no such thing as a "one-size-fits-all" protocol for everyone, and different healing strategies work for different people. Still, I encourage anyone with Lyme disease to try the NutraMedix herbal remedies as a first line of defense against the infections, not only because they have been proven, both anecdotally and in studies, to be effective, but also because herbs don't cause the same long-term, damaging side effects to the body as antibiotics and other drugs. The NutraMedix herbals are also reasonably priced, and while I believe that it's always important to work with a health care practitioner, all of the products in the Cowden Support Program are listed on the NutraMedix website: www.nutramedix.com, which means that people who can't afford to see a Lyme-literate doctor could technically do the protocol on their own.

Furthermore, NutraMedix donates many of its proceeds to humanitarian missions and to helping the underprivileged around the world, which is a nice consideration when choosing to purchase products from one type of herbal company over another.

Today, I am much better than I was nearly ten years ago. I have not "arrived" by any means, but I feel decent on most days. I can work, do moderate exercise and travel. I don't cry daily anymore, as I did for so many years, and I awaken most days hopeful and expectant. My mind is clear, my mood stable, and my body strong enough to get through my day-to-day tasks without a struggle. I consider these to be great accomplishments, since ten years ago I could barely get off of the sofa. In short, I have made great strides in my healing. I now hope to be able to continue to help others through what I have learned, and encourage them with the thought that there is hope, and there are options, even when antibiotics or other therapies have failed to make them well.



From the Editor

Public Health Alert Newspaper is now under new management, and is currently undergoing a great deal of changes in a short amount of time. So, things are not up and running yet. Therefore, we are forced to publish digital editions only at this time.

We are in the process of building a new, interactive website for www.publichealthalert.org which will be launched later this month. The new website will have a forum where you can sign in and converse with others like yourself, as well as an archive of all back issues of Public Health Alert dating back to 2006, among other things. On the new website we will be publishing regular articles online as opposed to only one monthly publication -which we hope to have back in print within the next few months. Also, we have begun working on the first edition of a series of Public Health Alert eBooks. The vast majority of them will be offered to readers at no cost.

With all the renovations that Public Health Alert is going through, new opportunities have opened up for volunteers and health activists including writing, editing, social media marketing and promoting, becoming a Public Health Alert Ambassador, Advertising Management, and more. If there is any way in which you feel you can help out, please do not hesitate to send us an email at editor@publichealthalert.org.

Please support us by following our new social media accounts. Our Facebook page is www.facebook.com/publichealthalert, and you can find us on twitter at @PHAnewspaper. The quicker we raise awareness and build our readership, the quicker we will be able to once again become a print publication. Also, donations to Public Health Alert will help us get back in print. Those can be made through paypal at editor@publichealthalert.org.

If you wish to advertise or sponsor us, send us an email with your inquiry. There are now advertising spaces open for both our digital issues and website, the latter being the outlet that will most likely bring advertisers the most traffic. What's more? Online advertising rates are much cheaper. Email us for a list of different options and rates.

Sincerely,

Shelley M. White
Publisher, Editor in Chief
publichealthalert.org

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"I want to say to those who are trying to learn to speak and those who are teaching them: Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere, and you will find a joy in overcoming obstacles — a delight in climbing rugged paths, which you would perhaps never know if you did not sometime slip backward — if the road was always smooth and pleasant. Remember, no effort that we make to attain something beautiful is ever lost. Sometime, somewhere, somehow we shall find that which we seek." -Helen Keller

