



Public Health Alert

The Latest On Chronic Illness *September/October 2014*

***Dr. Cowden's
Approach
to Lyme Borreliosis
and Co-infections***

***Julie McIntyre
Chronic Illness as a
Path to Healing the
Spirit and Body***

***It's National
Honey Month!
Medicinal Use of
Manuka Honey***

***PANDAS
Treatment and
Prevention***

***Why You May
Be Feeling
Worse***

***11 Things That
Can Make a Person
with Lyme Feel
Worse Besides
Treatment***

***To Hell and
Back with
Chronic Pain***

***Enlightening
Advice on Pain
Management
from Author
Tony Sorendo***

***The Power
of Self-belief
Learning to Overcome
the Boundaries of
Chronic Illness***





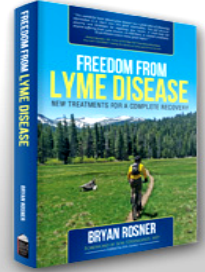
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FROM THE EDITOR



Lately, while staring at my wall in the dark of the night, I have been pondering what it takes to fearlessly and consciously enter unbearable pain while alone, without a single soul to whisper words of encouragement into your ear. What gives some the strength to bear the unbearable, while many others in their situation give up? What sets such people apart? An ancient Buddhist quote incessantly comes to mind when I become conscious of the fear and panic that begins to spread through me during the dark nights alone spent in intense physical pain: “No one saves us but ourselves. No one can and no one may. You alone must walk this path.” I find myself meditating on these words during times of intense pain that beg to consume me to the brim of my fingertips with despair, self-pity, and loneliness. While the fact that no one saves us but ourselves may sound discouraging to some, it continues to comfort me during the endless dark night of my soul. No one will ever travel with me to that place. They cannot. No one can go anywhere with me except on a superficial level. They can guide me to further depths of myself, perhaps, but they cannot go there with me. Just the same, I cannot go with them. And in that, we are the same. We are one. Harmoniously, we rest in solitude. We venture out into the unknown together, yet simultaneously alone.

The world constitutes strength as possessing physical power, societal power, and financial power. From illness we gain great insight on this subject. Strength has nothing to do with muscles, fame, or fortune. It has everything to do with facing

unimaginable heartache after heartache, allowing ourselves to repeatedly breakdown, and nonetheless continuing to have the courage to wake up every morning to face another day. We change dramatically the moment the doctor mouths a diagnosis promising to halt our life long dreams for awhile, or perhaps forever. We change, but we do not die. If anything, we embark on a journey to live, to fully live, in a way that can only be provoked when death rests its head on our weary shoulders, breathing its foul breath upon us, sharing it with our own. When we breathe the same air as death, when death and life constantly collide, we are forever branded with the eyes of children seeing the world for the first time.

A veil is lifted, and all things ordinary suddenly seem extraordinary. We learn the unfortunate makes us fortunate, but not before breaking down repeatedly along the way. Enduring this is a must, if we wish to transmute suffering into peace. Forced upon us is the realization and hopefully the eventual acceptance that both death and life co-exist at all times, sick or not. With the acceptance of this comes the strength to bear the unbearable bone chilling sleepless nights spent staring at the same four walls, as thoughts with no finish lines race in our head. Inevitably, we come to realize the world’s idea of strength in which we stare down struggle with stone cold eyes is but a facade masking weakness. To plunge deep within the dark waters of disease and struggle with eyes wide open without resistance to the unknown, despite the fear it creates, is to display immense courage. True strength acts rawly, its actions uncensored, its core characteristics are human. *That is genuine fearlessness.*

Shelley M. White

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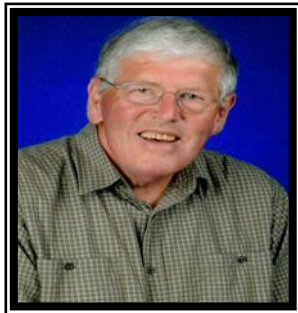
CONTRIBUTORS



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Dr. Cowden's Approach to Lyme Borreliosis and Co-infections

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Dr. Peter Molan is a former Professor in Biological Sciences and Director of the Honey Research Unit, University of Waikato, New Zealand.



Julie McIntyre

"Chronic Illness as a Path to Healing the Spirit and Body"

Julie McIntyre is an educator, author, spiritual mentor and clinical herbalist specializing in herbal treatments of Lyme spectrum infections and chronic illness. She makes her home in the Gila wilderness and forest of southwest New Mexico.

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Tired of Lyme

"11 Things That Can Make a Person with Lyme Disease Feel Worse Besides Treatment"

Tired of Lyme provides support, consolation, and education for those with Lyme

www.tiredoflyme.com



Elizabeth Wicander

"PANDAS: Treatment and Prevention"

Despite dealing with chronic illness, she has been acting for 10 years-one of her biggest passions. She feels strongly about advocating for illnesses like PANDAS and Lyme.



Dahlia Mikha

"The Power of Self-Belief"

Dahlia is the soon to be author of Suck it up Princess, and a health and illness blogger. She has a Bachelors in philosophy, and psychology. Connect with her on twitter: @DahliaMikha

11 Things That Can Make a Person with Lyme Disease Feel Worse Besides Treatment

BY TIRED OF LYME
WWW.TIREDOFLYME.COM

It's a given that treatment for Lyme Disease itself can actually make a person feel worse than what they've been feeling physically and mentally from the disease itself. To shortly recap, whenever a spirochete is killed, whether it by the immune system or some type of antibiotic, endotoxins are released from its cell wall and flood the body, causing a temporary worsening of symptoms called a herxheimer reaction.

Unfortunately, since Lyme disease is a biological hijacking (i.e., nearly every part of the human body can be affected), the chemistry of the body changes. The body develops new requirements, intolerances, and reactions to environments and substances that normally didn't bother or disrupt the physiology of the body before obtaining the Lyme bacteria. These new-found intolerances and triggers can actually make a person with Lyme feel just as bad as they do during a herxheimer reaction, if not worse. And experiencing one of these triggers or intolerances at the same time as a herxheimer reaction can be the difference between having a bad day and a really bad day. So if you as a person can't avoid a herxheimer reactions entirely, which isn't easy, the least you can do to make your physiology relatively tolerable is to be conscious of what



"Lyme Disease can affect nearly every component of the human body resulting in drastic chemistry "change"

exactly causes you to feel worse, aside from herxheimer reactions, and then take extra steps to avoid it. Here are a few of the most common intolerances and triggers people with Lyme disease develop which can make them feel just as bad, if not worse, than treatment itself.

1. LACK OF SLEEP

If you've ever gone to bed late, usually any time after 11 or 12pm, or have gotten up too early, usually any time before 7 or 6 am, you may have noticed the following day you feel horrible. And it doesn't even matter if you get your 8 hours of sleep. If a person with Lyme doesn't sleep between a certain time period, usually from 10pm to 6 or 7am, they have locked in their debilitating physical and mental state for the next day. Sleep is absolutely crucial for the human body to recover from Lyme Disease. It's just as important as changing your diet, detoxing, and even administering a treatment protocol. All of these components work together and provide different supports for the body that ultimately allow it to heal. Not getting just enough, but the inappropriate time period of sleep will cause the body to release cytokines the following day. Cytokines are part of the body's inflammatory response, and are responsible for many of the symptoms a person with Lyme experiences on a daily basis.

2. DEEP TISSUE MASSAGE

People with Lyme disease need to avoid deep tissue massages, at least until they're no longer herxing or feeling bad. Toxins that aren't removed from the body fast enough are usually stored in fat cells, which are either eliminated through sweating, or swept up by the muscles. A deep tissue massage actually releases toxins (i.e., endotoxins and exotoxins) from the muscles that were released from the Lyme bacteria when they were killed, the bacteria themselves, and even older toxins your body accumulated before you got Lyme. Releasing bacteria from the muscles actually increases your odds of having a herxheimer reaction because bacteria that were once hidden from the immune system and antibiotics will now potentially be exposed.

If you've had a deep tissue massage with Lyme, you have probably noticed that as the day progressed you became exponentially worse. The best thing to do is to be sure you're detoxing. If the situation calls for it, lower your treatment dosage (check with your doctor first). A person with Lyme shouldn't avoid massages all together because the right one can be very beneficial. Specific massages a person with Lyme should seek are lymphatic drainage massages which can help drain a sluggish lymphatic system of toxins, as well as Swedish massages which may be able to help with pain.

3. SHOWER

Who would have thought the shower itself, as harmless, relaxing, and inviting as it is, has the potential to make those with Lyme feel worse, if not really horrible afterwards? And that the feeling experienced after taking a shower can be so dreadful and debilitating, that a person with Lyme will make the extra effort to

avoid showering as frequently as they used to, if at all?

While there hasn't been much evidence brought forth as to why showers can make a person with Lyme feel worse, there are some really good hypotheses out there. The first and most common assumption could be the pressure from the shower nozzle may be releasing toxins back in the bloodstream in the same way a deep tissue massage would. A lower pressure spray nozzle may help. Another hypothesis is the temperature of the water itself raises the temperature of the body, and when the temperature of the body reaches a certain level, Lyme and especially Candida begin to die. There are those who have also postulated that a person with Lyme is sensitive to the chlorine level in tap water. The hot water supposedly turns the chlorine into a gas, which the individual then breathes in. A really good filter has been found to curb this problem.

4. DETOXING

The one thing those with Lyme disease rely on to help them feel better can actually make them feel worse. Detoxification helps provide the body with the nutrients and support it needs to allow it to process toxins and remove them from the body. However, detoxing too much and too fast can actually have the opposite effect. When you assist your body with detoxification, toxins begin to remobilize. Which detox methods you've exploited, and how much of that detox method you've used, will determine if those toxins can be removed in an efficient manner, or whether they'll be recirculated through the body. The body has different channels for removing toxins, but if one or more of these channels are blocked or inefficiently functioning, toxins that were remobilized will not be removed in the desired manner. It's important to remember that even if all of the

body's detox channels are clear and working efficiently, there is only a certain amount of waste removal the body can deal with at one time. It is best to administer a detox method which causes you to feel worse in the same way you would your treatment protocol with Lyme - start with a low dosage and slowly increase depending on how well.



“..Lyme Disease can distort hormones, glucose levels, the endocrine system, and nutrient intake as well.”

5. FOOD

Food isn't just something that tastes good, or bad, it's a pile of chemistry the body breaks down and interacts with. Different types of foods have different types of chemistries which explain why some with Lyme disease cannot only be intolerant of certain food items, but certain foods that a person with Lyme disease can feel horrible after consuming are different and vary with each individual. Not everyone has the same body chemistry, so a food that one person with Lyme may be intolerant of, another person with Lyme may thrive on.

Foods in those with Lyme disease have the ability to cause what has been documented as a delayed autoimmune response, which can cause a person to have a spike in symptoms (e.g., brain fog, pain, and fatigue) the following day. Food is also medicine and can kill certain pathogens in the body such as Candida which

can cause a herxheimer reaction in and of itself. Even though you may have been able to eat a certain food before Lyme, don't be stubborn and continue to eat it based solely on that knowledge alone. The suffering is not only in your control, but entirely unnecessary and potentially inhibiting to your healing progress. Your body chemistry has changed and it now has different requirements. A person should be conscious of what food they put into their body even after implementing the Lyme disease diet.

While gluten, dairy, and sugar may not be a part of your diet anymore, this doesn't change the potential of feeling bad after eating a certain food, even if it is gluten, dairy, and sugar free.

6. CHEMICALS

What are the chances that as a person with Lyme disease, you've had to stop using your favorite cologne, or switch to an unscented soap? The odds are pretty good because chemical sensitivities are incredibly common among those with Lyme disease. A person can become hyper sensitive to chemicals in the products they use or come in contact with every day such as soap, cologne, cigarette smoke, pesticides, and cleaning products, just to name a few. And even the harsher chemicals such as bleach and ammonia (already in high levels in those with Lyme), can really wreak havoc on a person with Lyme disease who has developed a chemical sensitivity to them.

The most common reaction of a person with a chemical sensitivity is usually just a worsening of brain fog and cognitive dysfunction, but it could have a more pronounced anatomical effect. The body's detox channels can become so sluggish and inefficient from all the toxins released from pathogens, as well as the pathogens

themselves, that the chemicals a person could normally tolerate on a daily basis become intolerable. The body is so backed up that any exposure to a chemical level that the body must process will cause a negative physiological reaction. Take this as a hint that detoxification should either be amped up or altered. In the meantime, avoid products that cause you to feel worse.

7. TEMPERATURE

This refers to the temperature of the body, which is ultimately and heavily influenced by a person's environmental temperature. Heat can make a person with Lyme or Candida feel horrible. Circumstances that cause a person's body temperature to rise include a hot shower, the weather, a sauna, and/or exercise. Raising the body's temperature enough can cause the pathogens inside to die. Depending on the type of pathogen dying, a herxheimer reaction may occur. Heat may also help to release toxins from the tissue, and then recirculate them back into the bloodstream.

There is something about the cold weather, specifically the settling of winter that causes a person with Lyme disease to feel worse than how they feel during the spring or summer. Many have said the winter is when the

Lyme bacteria comes out of hiding and thrives, naturally causing a person to feel worse. Believe it or not, there are people who intentionally move from colder climates to warmer climate on this basis alone.

8. THE MOON

While those with Lyme disease don't turn into werewolves during full moons, they do turn into zombies -zombies by the definition of brain fog and physical distress that makes them appear more dead than alive. Many of the symptoms a person with Lyme disease normally experience on a daily basis become greatly exacerbated not just during a full moon, but a new moon as well.

It may not be the actual moon itself, but what has been postulated to be the greater presence of bacteria coming out for their 28 day reproduction cycle. Even when on the same treatment dosage the day of the full moon as the day before one, a person can feel worse because the amount of bacteria being exposed to the treatment is greater than what is normally exposed. So it isn't just the dosage of a treatment protocol that can make a person with Lyme have a herx reaction, but the amount of bacteria exposed to the dosage; and during a full moon the

amount of bacteria increases. Even those who have Lyme disease but aren't on a treatment protocol for it can feel worse during a full or new moon.

9. EXERCISE

Exercise, while highly recommended for those with Lyme for reconditioning and healing, can cause a person to temporarily feel worse. It's very likely that if you were an avid runner, biker, or weight lifter before Lyme disease, that you have now either given up these exercise entirely, or greatly reduced how much of each you perform.

Aerobic exercise such as running or any type of intense cardio will heat the body up which can cause die off reactions, and depending on the type of cardio, help to release toxins back into the bloodstream. Anaerobic exercise such as lifting weight or intense muscle contractions can also cause a person to feel worse, yet not as quickly as aerobic exercise. There is usually a delayed reaction in feeling worse with anaerobic exercise compared to aerobic exercise, but this isn't always the case. Forcing the muscles to contract more than normal can further expedite the release of toxins back into the bloodstream.

It's also important to consider Lyme disease can distort hormones, glucose levels, the endocrine system, and nutrient intake as well. Pushing a body to the extreme, or what has always been considered normal levels of exercise, can leave a person with Lyme feeling greatly exhausted with muscle weakness, increased pain, and an overall exacerbation of symptoms. Don't remove exercise from your routine entirely, but keep it as part of your healing protocol to levels that you can handle as an individual.

10. SEX

Yes, even sex or masturbation, an activity that calls upon the body for a lot of nutrients and chemicals which are already greatly depleted and organs that aren't functioning at 100% can cause a person with Lyme to feel worse afterwards.

Some of the nutrients the body needs for sex include, but are not limited to, zinc and magnesium. These nutrients weren't chosen at random. Zinc and magnesium are two nutrients that those with Lyme disease tend to be deficient in because the Lyme bacteria apparently use them for their own agenda. Engaging in sex can force the body to use up its potentially already low supply of zinc, magnesium, and other nutrients.

Doing so may be the reason why those with Lyme feel worse after engaging in sexual activity. Still, more research needs to be done on this subject as a whole.

11. HIGH STRESS

When the body is exposed to a high stress situation, it has an innate response to allow it to cope – also known as the fight or flight response. The fight or flight response activated in those with Lyme disease appears to cause more stress on the body than the initial reason that caused the stress in the first place. The adrenal glands being called upon, and in those with Lyme, adrenal fatigue is likely already present.

Glucose levels rise, or at least they're called upon to do so, and a person with Lyme may be dealing with Lyme induced glucose problems. The glucose that is needed to fuel muscles during a fight or flight response may not be there for consumption, or may be distorted, which may be the cause for shaky or weak muscles. The body also releases a lot of hormones during a high stress situation, which may also not be available for use because Lyme can affect the endocrine system.

All of these imbalances will not allow the flight or fight

response to work in the way evolution has intended it to. As a result, this may potentially leave a person with Lyme feeling out of whack for a day or more. High stress situations are very taxing on a body without Lyme disease, so a body with Lyme disease really takes the hit. ■ **PHA**

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Chronic Illness as a Path to Healing the Spirit and Body

By Julie McIntyre



At some point in the course of chronic illness, after years, sometimes decades of debilitating illness, a person often comes to a place where they begin looking about inside the illness, exploring the deeper meaning it has for them. Ultimately they begin to ask questions about what being this ill for this long means for their life.

Those who do brave the murky waters will sometimes find a way to work with illness on a number of levels other than the physical. For some it is the first time they find they must make relationship with their body. The illness forces them to see how much of their life has been spent in an adversarial relationship with their body, thinking parts of it ugly or dirty, wanting to cut parts away. Just on the most basic level it can be simply discovering where the spleen is, the liver, how the kidneys function, what the function of the lymph system is as well as all the parts that make up the immune system. They

begin to look at the bacteria and viruses that have become part of their body, that have changed their bodies (and for many their minds as well), that have altered how they perceive the world around them. Questions seem to later begin to surface about the spiritual meaning of the whole illness journey that they are on.

When working with a client I never assume I will work with them on this level. Always, I listen attentively to all the ways they are communicating information to me about who they are, who they were and who they hope to become. I listen for the squeaking of a too long shut window being slowly opened, a crack in the door letting in new light and inviting me to take them to the deeper parts of the ocean.

Often one of the first things a client will say to me at the beginning of working together is "I just want my life back."

I know what they mean by that. I feel an obligation to tell them they won't have that life back; they will have a new life, something different than the one before.

I do not know what it is like to be chronically ill, although I do become ill from time to time. Each time I get sick or have temporarily debilitating pain or a bacterial or virus infection it has reminded me that humans are not at the top of the food chain. At that point I inevitably consider my clients. I imagine what it would be like to have this current suffering I am having and not know if it will end, how it will end, or who I will be and what my capacities will be on the other side of it.

This imaginative process inherently causes a deepening of compassion, without sentimentality. When I imagine this scenario I feel frustration, an-

ger, hopelessness. I feel out of my league, at a loss for what to do to help them feel better.

Sometimes the best I can do is be a compassionate ear; I know it's scary; I know you are mad; I know you feel alone and abandoned; I know you feel betrayed; I know you are in pain. I do my best and sometimes my best isn't good enough or fast enough or right enough. I desperately wish it were.

Rather than seeing what they can't do, they begin to see what they can do. New hope begins to flourish. New meanings become unconcealed.

And sometimes all the right pieces fall into place and people feel better. Sometimes dramatically so in a few weeks, sometimes a few months and sometimes it takes a little longer. I wish I had a magic wand to make them all feel better. Now.

I wish I had all the answers. I wish I could make you feel better now. I wish your friends and family had not abandoned you. I wish our health care system was really a *health care system*.

What I know is...

Each person who visits the questions that being chronically ill forces into awareness ultimately finds that giving up resistance and the battling allows a new way to feel better to emerge. A tremendous amount of energy is then redirected toward resolve and focus. Rather than seeing what they can't do, they begin to see what they can do. New hope begins to flourish. New meanings become unconcealed. They come to terms with knowing they will not have their "old life back." The life they create from this point on is the new life. It will look different, feel different, have a new smell and texture to it. They are no longer defined by the illness but

There is a function to chronic illness. Understanding that is the beginning of understanding how to work with it. Imagining what the new life can look like is the beginning. When the structures of a person have been broken down, that which has been denied and repressed can, given the opportunity, return.

Altering your position regarding the illness was, to a great extent, the focus of Viktor Frankl's work. *I have the illness; the illness does not have me.* Changing the perspective from "what has me" to "what I have" immediately moves one out of feeling like a victim to feeling empowered. Feeling empowered allows for flexibility of options in working with the body and illness in new ways.

It is very easy for a person to look at what they cannot do, but more difficult to change positions and look at what they can do. I don't know why we humans torment ourselves that way, and often each other, but I would love to see us stop. Hope cannot live in the environment of "I can't"... it thrives in "I can." Hope and healing cannot flourish in self-limiting thoughts and beliefs.

For many, one of the common themes is that they begin to feel called to work as herbal-

ists specializing in the treatment of Lyme spectrum diseases. They have been making their own medicines in their kitchens, setting up altars for the protocols. They begin to work on making relationships with the parts of their bodies that have been discounted, and harmed by their feelings and thoughts toward them. Depth work with



the body is to see and know that each part, each organ and system, is aware and intelligent; and has heard and believes everything that has been told by the per-

son and by the world to them. Talking with them, sending new messages of genuine love and caring (they know if you are being authentic or not) immediately begins to shift the dynamics of the relationship. These parts of the body will, over time, tell you what they need from you, what they need to be healthy. The first meeting may be filled with emotion and feeling. You may be alarmed at how it looks or what it has to say. The part of the body we start to work with may be chatty, having waited all this time for you to show up. It may be quiet, sullen, mad, sad, scared. Active listening and compassionate responses will have a monumental impact on the relationship you are beginning.

Have patience, compassion and persistence. The relationship between you and these parts of your body then becomes one of allies rather than adversaries, friends rather than enemies. Another way to think of it is self-nurturing.

We all carry beliefs about who we are, what we can do, what we cannot do, or if we will ever be well again. We internalize messages from our parents, physicians, teachers, friends and siblings that over time become beliefs.

These beliefs are invisible but they have very tangible effects on our behavior and even the work we do in the world. At some point it becomes necessary

to reassess those beliefs and create new beliefs that match who we are and who we are becoming. Becoming self-aware,

falling in love with ourselves, giving our self spiritual and emotional food of intimacy and deep caring is the kindest thing we can do, and the most healing.

One way to begin working at this level is to see organs or parts of the body in front of you

one at a time, noticing everything about it -its color, shape, smell. How does it feel?

Begin a dialogue with this part. Does it have anything to say to you? What does it need from you? Thank this part for being part of your body, for all the ways it works. Apologizing for the disjointed and often unkind relationship you have previously had with it is a very good place to begin. Then, send genuine caring and love to this part of you.

I suggest doing this every day. It doesn't have to take long. Consistency is most important. In the beginning it is awkward, uncomfortable and may feel odd. That will change once you make this a daily practice. It's not much unlike learning any new skill really. Important also is to know that this is a communication and a relationship, not a technique. It may help you get started and continue it if you think of it as a new relationship, not unlike meeting a new friend and getting to know one another. As Frank Herbert said, "Beginnings are delicate times."

When you develop new and deep relationships with parts of your body you are re-patterning; creating new patterns that will lead to

"...giving our self spiritual and emotional food of intimacy and deep caring is the kindest thing we can do, and the most healing..."



The FOUNDATION for GAIAN STUDIES

To find out more about Julie's work or to book a consultation with her, visit www.gaianstudies.org

wholeness and provide flexibility of options, a co-creative and co-healing relationship. It seems simple in theory. It can be challenging though, but it will make more of a difference than you can imagine right now.

In difficult times it is important to find things that you can do, use what you have available to begin feeling something different, something better. Listening to music that is filled with hope and meaning for you, watching YouTube videos of people you find inspiring and uplifting. Dancing moves stuck energy and oxygenates the blood and brain and tissues. Books that have deep and moving feelings that take you out of the suffering, even temporarily, are helpful. It is important to put a different story in your mind when the current story is not working so well and does not feel good.

Here is a very brief list of authors, musicians and videos that I use for myself:

Books:

- ◆ The Pharmacist's Mate, Amy Fusselman
- ◆ Savage Park, Amy Fusselman (released spring 2015)
- ◆ The Water of Life; Initiation and the Tempering of the Soul, Michael Meade
- ◆ The Soul's Code, James Hillman
- ◆ Man's Search for Meaning, Victor Frankl
- ◆ The Longmire series by Craig Johnson (Western fiction)

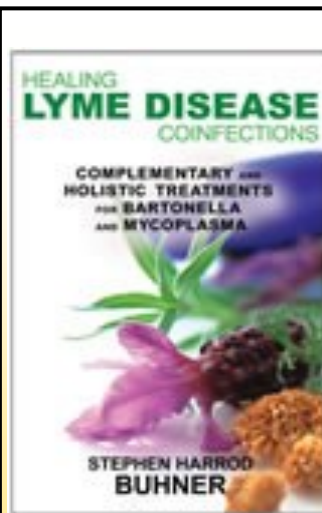
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A few musicians and their music:

- ◆ Enya
- ◆ Meg Hutchinson
- ◆ Don Conoscenti
- ◆ Eric Hansen
- ◆ Bob Marley

YouTube videos:

- ◆ Viktor Frankl
- ◆ Alan Watts
- ◆ Stephen Buhner
- ◆ Cat videos always make me feel good and laugh but really, anything that helps you feel good. Feeling good even momentarily stimulates your immune system and takes you out of the suffering. Remember; do what you can, use what you have. Nurture thyself. ■ **PHA**



Healing Lyme Disease Coinfections by Stephen Harrod Buhner focuses specifically on healing Lyme disease co-infections using natural medicine. This book is receiving rave reviews from many health care professionals and reviewers, including Susan S Wood, Laurie Regan, PhD, ND, Rosemary Gladstar, and others.

P L E X U S



Ridding the body of toxins is one of the most crucial elements to healing from Lyme disease, as well as countless other illnesses. Fat cells absorb toxins which you are then unable to detox out and unfortunately, Lyme disease often causes weight gain. Plexus Slim detoxes fat cells, causing them to shrink. The toxins are discarded through urine and bowel movements. Plexus Slim also boosts your energy levels in the process, thereby helping with chronic fatigue.

The Pink Drink from Plexus breaks down sugars in your body, filters them through the liver, and then moves them to the pancreas to be filtered and excreted from the body. The more water you drink the more excess fat and sugars you expel, so it is important to stay well hydrated. This product contains all natural ingredients.

www.plexusslim.com/getwellstaywell

Dr. Cowden's Approach to Lyme

Borreliosis & Co-infections, Part 1 of 4

Most healthcare practitioners in the United States believe that Lyme borreliosis is an illness caused by the bite of an infected tick.

However, many chronically ill patients whose blood tests confirm borreliosis have no clear recollection of a tick bite.

Peer-reviewed scientific articles have demonstrated live borrelia in human saliva, semen, tears and other body secretions of infected individuals, as well as in the saliva of mosquitos, horse-flies and other biting insects and in banked human blood (in the USA, blood is not screened for borrelia or Lyme co-infections before being transfused). Therefore, Dr. Cowden believes that much of the transmission of Lyme disease is human-to-human and from biting insects other than ticks. For those pa-

tients that become chronically ill after having been infected with Lyme-related organisms, there is often much more to re-

below. Consequently, if enough of the non-microbial contributors to Lyme disease are addressed by those who are chron-

ically ill with Lyme, there is a greater probability for their full recovery. Treatment, therefore, should address as many of these co-contributors as possible.

Lyme disease mimics more than 350 diseases, several of which may

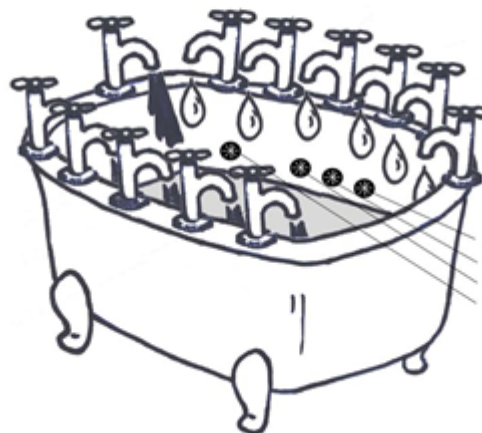
have been present before the onset of Lyme Disease and may have even predisposed the patient to developing Lyme Disease. Some of the disease processes that mimic Lyme disease can be brought on by chronic illness and therefore may have been caused by the Lyme infections. Many of these conditions make it much more difficult for a patient to get well after all of the Lyme microbes are gone.

"Dirty-water" faucets =
Nutrient depleted foods,
Electromagnetic fields,
Radiation pollution,
Toxic relationships,
Toxic emotions,
Heavy metals,
Polluted air,
Antibiotics,
Pesticides,
Biotoxins,
Microbes,
Allergens.

Disease is a
Bathtub full of
Dirty Water =
Hi Total Load

"Clean-water" faucets =
Healthy foods & nutrients,
Purpose & will to live,
Sunshine & exercise,
Good relationships,
Peace, joy & love,
Great attitude,
Restful sleep,
Pure water,
Fresh air

Health is like
a Bathtub



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storing their health than simply controlling the numerous infections which may have been introduced. In fact, there are certain individuals that carry the same microbes in their bodies as someone chronically ill from borrelia and/or co-infections, but themselves having no symptoms of chronic illness. These asymptomatic individuals often do not have the same level of non-microbial contributors to illness which will be discussed

Dr, Cowden has produced a two-part archived webinar on the "Store" at www.acimconnect.com called "Lyme Disease Look-Alikes", in which he and Connie Strasheim discuss the various conditions that mimic and contribute to Lyme disease and how to treat them so that Lyme disease (borreliosis plus co-infections) as well as these co-conditions can be more easily identified and resolved.

The Cowden Support Program (CSP described at www.nutramedix.ec) is a program using a number of products (created by www.NutraMedix.com in Florida) that have been used empirically for thousands of people suffering from Lyme borreliosis, co-infections & other undiagnosed chronic illnesses with quite positive results. The program (CSP) addresses infection, detoxification, heavy metals, hormonal imbalances, sleep and mood disorders, and pain. Dr. Horowitz in New York State verbally reported that more than 70% of his chronic Lyme patients markedly improved on the CSP over 6 months. More recently, Dr. Armin Schwarbach and Dr. Carsten Nicolaus at the Borreliose Centrum in Germany tested the CSP in 20 patients with borreliosis plus co-infections. Two patients dropped out unrelated to the CSP, but all 18 patients who completed the 9 months of CSP had blood laboratory improvement and 16 of those patients improved symptomatically. When a practitioner is knowledgeable in using evaluative kinesiology or an electro-dermal screening (biofeedback) device, the CSP can be individualized and customized for the patient with even better results, especially since the various contributors that may be impacting the patient's health can be more accurately & thoroughly identified.

One of the most important contributors to infection, either acute or chronic, is the body's toxic load. If a patient does not deal with the numerous toxins stored within the body, it will not only take longer to get rid of the disease, but the patient will generally not remain symptom free and is more likely to relapse at a later time. Toxins create an environment in the body that supports the growth of

microorganisms. Thus, detoxifying the body's internal "terrain" often becomes a more important treatment than the antimicrobial therapies. After years of advancing the germ theory of medicine, Louis Pasteur's own death-bed confession was "The microbe is nothing. The terrain is everything." With a focus on the terrain and addressing enough of the root causes of dis-ease, one can recover much more quickly & much more permanently. Thus, the ideal treatment program is one that incorporates both detoxification and antimicrobial therapies in a well-coordinated program.

Ill health is very much like a bathtub full of dirty water over-flowing onto the bathroom floor (an analogy of a symptomatic patient). A sick patient needs to limit or reduce those items that represent the "dirty-water faucets" flowing dirty water into the top of the bathtub, such as nutrient-depleted foods, electromagnetic fields, radiation pollution, toxic relationships, toxic emotions, polluted air, heavy metals, antibiotics, and pesticides. That patient also needs to increase those items that represent the "clean water faucets" at the top of the bathtub, such as purpose and will to live, sunshine, exercise, good relationships, peace, joy, and love, healthy food and nutrients, purified water, and fresh air.

While simultaneously reducing the flow of dirty water and increasing the flow of clean water into the bathtub, the patient must ensure that the "drains" or channels of elimination at the bottom of the bathtub are open. These organs of detoxification (drains) include the bowel, liver, kidneys, and lymphatics. The book, *Create a Toxin-Free Body and Home Starting Today*, written by Dr. Cowden and Connie Strasheim, teaches the readers how to open the detoxification "drains" and how to close down the "dirty water faucets" affecting an individual and how to then provide that same individual with enough of the "clean water faucet" tools to heal their body. This book is available on www.acimconnect.com as well as on Amazon.com. (THIS DISCUSSION ON LYME DISEASE WILL BE CONTINUED IN 3 ADDITIONAL PARTS ON www.acimconnect.com.) ■ PHA

Medicinal Use of Manuka Honey

By Dr. Peter Molan



Honey is one of the oldest known medicines, its recorded use (for the treatment of wounds and eye infections) dates back four-thousand years¹. Unlike most other ancient medicines, it is still widely used. It was commonly used as a wound treatment, until it was replaced by antibiotics in the 1940's. With the ever-growing antibiotic resistant bacteria strains becoming a world-wide problem, there has been a revival in the use of honey to treat infected wounds. Two review articles published in medical journals^{2,3} summarize the 33 randomized controlled trials (RCTs) of honey in wound care published up to 2011, with a total of 3,556 participants in the trials. The trials provide a large body of evidence for the effectiveness of honey as a treatment for a wide range of wounds and for burns. One of these reviews³ also summarizes evidence from laboratory studies that provide scientific rationale for the effectiveness of honey as a wound treatment. As well as providing a moist environment that is optimal for repaired tissue

to grow, honey has bioactivities which stimulate the production of cell growth factors, stop inflammation which would otherwise prevent healing, and kill infectious bacteria.

Honey has a very broad spectrum of activity as an antimicrobial agent⁴. Although most published studies have not used standardized honeys (the potency of the antimicrobial activity can vary as much as 100-fold), there have been several studies conducted with honeys selected to have a median level of antibacterial activity. These have measured the sensitivity of the major wound-infecting species of bacteria to honey⁸. It has been found that even with the most resistant strains, a honey with a median level of activity can be diluted at least 10-fold and will still stop the growth of bacteria. All of the various species of "superbugs" that can no longer be treated with antibiotics are just as sensitive to honey as are the strains of these species that have not yet developed a resistance.

"... has an antibacterial activity that is different in nature from other honeys."



Ancient Greek physicians were aware that some types of honey were better than others for medicinal use, and this knowledge has continued into present-day folk medicine around the world⁵. In New Zealand, folk knowledge is that manuka honey is the best type of honey to use as an antiseptic. Research proved this theory by revealing that manuka honey has an antibacterial activity that is different in nature from other honeys⁶. In all other types of honey, antibacterial activity is primarily due to hydrogen peroxide that is produced by the enzyme activity in honey when it is diluted⁴.

When an enzyme (catalase) was added to completely destroy any hydrogen peroxide produced in the solutions of various honeys tested, it was found that whereas all other honeys lost their antibacterial activity, the high level of antibacterial activity in manuka honey was fully retained. Subsequent research investigating a very large number of types of honey in various countries has shown that this

unusual type of antibacterial activity, called "non-peroxide activity," is unique to manuka honey. However, it does occur in honey from some related species of *Leptospermum* trees that grow in restricted locations in Australia. The non-peroxide antibacterial activity is now known to be a result of the methylglyoxal that manuka honey forms from dihydroxyacetone, a characteristic uniquely to manuka nectar.

Medical potential of this non-peroxide activity was realized from the outset. Cells of animal tissues contain a high level of the enzyme catalase, which destroys hydrogen peroxide, which can be seen when a hydrogen peroxide solution is applied on a cut as an antiseptic. The fizzing is due to catalase activity rapidly converting the solution from hydrogen peroxide to water and oxygen.

Although in laboratory testing some other types of honey may be found to have more potent antibacterial activity than manuka honey, on an open wound most of the antibacterial activity of honeys other than manuka honey will be destroyed by catalase. Manuka honey, on the other hand, will retain its full activity. In one of my YouTube videos, titled "Why you need the right sort of activity in manuka honey," honeys are compared with and without some blood included in the bacterial growth medium. A sample of honey with hydrogen peroxide activity that is far more potent than the non-peroxide activity of a sample of manuka honey shows no visible antibacterial activity when there is 1% blood is present. In saliva there is a similar enzyme, lactoperoxidase, which also destroys hydrogen peroxide, thus decreasing the relative usefulness of honeys other than manuka honey for treating oral infections.

Another medically useful feature of the unique type of antibacterial activity in manuka honey is its ability to penetrate biofilms. It is becoming increasingly apparent that the bacteria in chronically infected wounds grow biofilms on the wound tissues. The gummy matrix of these films prevents antibiotics from penetrating the infected wounds, and prevents the body's own antibacterial defenses from reaching and killing the bacteria as well.

A very important activity of honey in wound treatment is its anti-inflammatory ac-

tion. When a wound is not healing, it is because inflammation is preventing the healing process from occurring. If there is severe inflammation the tissues can be eroded, allowing ulcers to develop.

With burn injuries, which cause a large amount of inflammation, the erosion from the inflammation can cause more damage than the heat did. Clinical trials of honey on burn injuries show that honey is very effective in preventing this type of ongoing damage.

Research has found an explanation for the mechanism of the anti-inflammatory activity of honey. It suppresses the responsiveness of leukocytes, which detect and engulf bacteria and damaged tissue. This triggers a cas-

cade of reactions from the body's inflammatory response to infection or tissue damage. Thus, honey's ability to suppress the responsiveness of leukocytes tones down the severity of inflammation. Research has identified the component of honey responsible for this action, a protein called Apalbumin-1 which bees add to the nectar they harvest to produce honey. In manuka honey, the methylglyoxal reacts with Apalbumin-1 to modify it in a way that makes it more potent in suppressing inflammatory responses than other honeys.



Of the eight honey wound-care products on sale that are registered with regulatory authorities such as the FDA as medical devices, and the two registered for use in veterinary medicine, seven are manufactured using

manuka honey. Modern medicine is currently developing other medicinal uses of honey, besides its use to treat wounds. Such uses include treatment for eye infections, ear infections, nasal sinus infections, gum disease, lung infections with honey inhaled from a nebulizer, and suppression of tissue damage from radiation burns obtained during radiotherapy treatment for cancer. In most of these new developments, manuka honey is being used in the clinical evaluation of the effectiveness of honey.

Consumer demand for manuka honey has greatly increased, as more people have become aware of its unusual antibacterial activity. As a consequence, the price of manuka honey has spiked. This has unfortunately led to a lot of exploitation of consumers by some marketers falsely labelling what is sold. They also exploit consumers who do not realize the activity rated on the label is not the type of activity that is unique to manuka honey, but is due to hydrogen peroxide and thus is no different from that in much cheaper honey from other floral sources. Consumers need to verify from the producer, as opposed to the sales counter assistant, that the rated antibacterial activity is definitely non-peroxide activity or that the content of methylglyoxal is stated. To be confident that a honey is at least 50% from manuka nectar, and thus can be legitimately called manuka honey, the rating of non-peroxide activity should be at least 10 (i.e. is equivalent in antibacterial potency to a 10% solution of the reference standard antiseptic phenol), or the methylglyoxal content should be stated to be at least 250 mg/kg. ■ **PHA**

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PANDAS: Treatment and Prevention

By Elizabeth Wicander

Unfortunately I am not talking about the cute black and white bears that you see in China or in a zoo. For a lot of people, that's what the word would mean. In this case, PANDAS (also known as PANS) is an autoimmune illness that can occur as a result of a strep throat infection or scarlet fever. PANDAS stands for "Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus". Many parents describe the onset of symptoms as if it had happened overnight. The most common sudden symptoms can include Obsessive Compulsive behaviors or tics, rapid changes in mood, and severe anxiety. For example, a tic may be a vocal noise or hand movement that the patient can't control. Moodiness and anxiety are indicators of a possible PANDAS illness. The illness can mimic many other neurological and psychiatric disorders. Some of these illnesses may include autism, ADHD, psychosis, anorexia, obsessive compulsive disorder, various anxiety disorders, and depression. Children may exhibit sleep disturbances, sensory processing issues and irritability.

PREVENTION

The most effective way of preventing your child from falling ill with PANDAS is to be aware of the illness and the symptoms, so you can be aware and treat it in a timely manner. Strep throat is a very common illness in the elementary school years. Just because your child

has strep throat does not mean that your child will get PANDAS. However, it is not a rare condition and as I stated above, the best way of a possible prevention is to know the symptoms and treat any possible strep throat right away. A PANDAS diagnosis is determined clinically, based on the presence of OCD and or a tic disorder, neurologic abnormalities, a sudden onset of symptoms, and the presence of a past positive indicator of strep throat or scarlet fever.

TREATMENT

Treatment for PANDAS can include a variety of therapies. Antibiotics are commonly prescribed and proven to be an effective way to treat PANDAS. Cognitive behavior therapy (CBT) is a well-known approach to treat patients who suffer from OCD. Psychiatric drugs, natural remedies, and various therapies are also ways that can significantly help and or treat PANDAS and lessen the symptoms that PANDAS causes. Another well-known treatment for PANDAS is intravenous immunoglobulin (IVIG) therapy, which involves IV administration of a sterile solution of concentrated antibodies. These antibodies are used to block anti-streptococcal antibodies in patients who are experiencing PANDAS symptoms. While treatment therapies are known to improve PANDAS symptoms, it's imperative to know about this illness to prevent a possible misdiagnosis, in which case PANDAS could be the underlying cause. ■ **PHA**

The Power of Self-Belief

By Dahlia Mickha

Most girls at the age of 19 envy other girls with the priciest bags, with the prettiest shoes, and with the most expensive clothes. At age 19 I envied those who could get out of bed alone, those who could make their own breakfast, and those who could talk. I know I shouldn't be envious of anybody but what can I say? I'm a terrible wannabe-Buddhist.

You see, in the year 2000, I was diagnosed with neurological Wilson's disease at the age of 19. You may not have heard of Wilson's disease, and rightly so because it is a rare genetic disorder. It all starts with a mutated gene that one inherits from their parents. The mutated gene causes a dysfunction in the liver, which makes the liver unable to excrete copper. Copper is found in everything we eat and drink and is a vital mineral that performs various functions in the body, but our bodies only require a certain amount and the liver discards

the rest. For a person with Wilson's disease, any excess copper is stored in the body until the copper becomes toxic and attacks the central nervous system (CNS). The scary part is that there are no tell-tale signs that a person has Wilson's, until they're diagnosed, and by that time it is too late. If left undiagnosed, it is fatal.

My decent into disability happened so quickly that when I think about it today, it all seems like a blur. Within a period of a few months I had stopped talking, walking, and had lost my independence. I suffered from so many symptoms that sometimes I wonder if I wasn't suffering from more than one disease. I experienced tremors, drooling, bradykinesia (extreme slowness of movement), micrographia (tiny handwriting), dysautonomia (the inability to stand upright), insomnia and more. Not to mention the brain fog and mood swings.

The doctors told me

that there was no hope. My symptoms were permanent because my CNS had been damaged. And there was no cure for a damaged CNS because the brain and spinal cord were the two things that doctors couldn't fix... one only needed to look at Christopher Reeve to know that they weren't kidding.

At 19, that was the last thing that I wanted to hear. I had just become an adult in the law's eyes. I was ready to live out my life out and venture out into the world. To start a career in Public relations, have a family, travel, and do all the things that most people do. I fell into a state of despair, which was followed by numbness as I realized that not only would I not be able to do those things, but I'd also never be able to talk, never be able to walk, dance, swim, and I'd be dependent on others for the rest of my life.

For two years after my diagnosis the only thought on

on my mind was Why me? What had I done that been so awful to deserve this? People would tell me that I was special; priests would tell me that there was a reason that God had bestowed this "gift" upon me... I remember thinking, if this was a gift from God; I wonder

what God's punishments are like?

By 2005, I had come to accept being wheelchair bound and disabled for

life. But towards the end of the year something within me clicked. I cannot say what it was exactly. A psychologist would call it the fusion of the subconscious with the conscious mind. A philosopher would call it self-determination; I like to call it my inner qi. I joined a gym, I began to exercise at home, and I would walk in water at my local swimming pool. The more I moved the better I felt. By 2009, with the help of a controversial treatment, dietary change, and physical activity I began to walk with a four-wheeled walker.

From there things improved. I stopped drooling, the tremors had gone, the mi-

crographia had disappeared, and I had gained about 60% of my independence back. In 2013 I began walking with a crutch thanks to an intense spin bike class, which everyone thought that I could not do. By 2014 I was doing chin ups and push ups (yay me!)



To-day I am a regular gym-goer, a health food advocate, and I practice meditation daily. My journey was not easy. There were a lot of falls (I still fall some-

times when I'm walking), bruises, concussions, crashing through windows, and embarrassing moments. There was also a lot of self-doubt, negative thoughts, and frustration.

But I didn't give up. I have since learned that in order to overcome disability, illness, or any other disabling behavior one must take responsibility for their health, be willing to fall more than once and the most important of all, and have self-belief. Because even if everyone you know believes in you, ultimately it is your own self belief that will determine if you choose to take action or not. ■ PHA

To Hell and Back with Chronic Pain: Enlightening Advice on Pain Management from Author Tony Sorendo

By Shelley M. White

I recently had the pleasure of reading “My Journey to Hell and Back with Chronic Pain” by author Tony Sorendo. The book is an account of his personal version of hell, which took place amidst the presence of intense chronic pain. Although, mass heartbreak, defeat, and darkness inevitably surrounds any journey with chronic pain, Sorendo managed to come out on the other side of the ordeal as a more enlightened being, rather than one whose heart was hardened by the pain. His story serves as a message that pain can help us grow in ways we never imagined.

I think many who live in chronic pain are guilty of what you talk about on page 179. We get so absorbed in pain that it becomes all we talk about and we get easily offended if others do not seem overly enthusiastic about it, immediately assuming they do not care about us. You made a great point when you said, “Often, it’s not that people who can’t relate are necessarily insensitive to your situation, it’s more that negativity can bring them down in the process.” Care to elaborate? *Often times in our society we judge by what we see, not by what we can’t see. Chronic pain is no different. This is why chronic pain is often referred to as “INVISIBLE PAIN “. If one can’t see it doesn’t exist. That being said, on the flip side of the coin, people who have never experienced what it is like to live every day in chronic pain have no clue of what that world is like. Not only have they experienced the physical aspect of pain but the emotional toll that it takes on one as well. I have had the opportunity to work with people who suffer in pain. Often I come across someone who will eat, sleep, and drink pain. That is all they talk about. They have made pain be-*

come their identity in life. I like to refer to it as ‘Addicted to their story’. For those who do not know that world, it can be very wearing on a person to hear that day after day and can, unfortunately cause a negative vibe with the person who is in pain. I know this because I was once this very person. I lost people that I thought were friends over my pain because they couldn’t understand. As hard as it is at times, don’t make the mistake of letting pain define who you are as a person.

You talk about your relationship with your wife, Pam, throughout the book. Maintaining healthy romantic relationships while enduring chronic pain is a hot topic among many who are ill, and for good reason –it is downright challenging. What is the best advice you have to offer for those who are struggling but striving to keep the romance in their relationships alive while chronic pain simultaneously gnaws at every inch of their body? *I, by no means, am an expert on this matter. I do know, however what an affect that pain has had, and still does in my own situation. I have seen many marriages and relationships end because of pain. We all know how relationships can sometimes be challenging enough without the added stresses of “outside” elements. Add chronic pain to that equation and it can become a whole different ball game. Someone will most likely feel deprived and the other, guilt ridden. It can become a very viscous cycle and destroy good relationships. I know that the words “For better or for worse” are a part of the vows but most of us never sigh up for “Worse” and that can definitely be challenging. My best advice to anyone who is in this situation, first and foremost, you need strong communication skills in your relationship. I am also a huge advocate on counseling. In my opinion,*

professional help can have a big impact on this type of situation.

How about other relationships such as those with friends, family members, or coworkers?

As far as friends, family, and co-workers go, I believe that you have to maintain a certain balance when it comes to your pain. Friends and coworkers often can't relate, as I stated before. I try to keep an uplifting attitude when around them as hard as it might be at times. Family can often sympathize with you but there is nothing they can do to help you and that can become frustrating for them as well. Keeping a positive attitude goes a long way, not only for the way that they perceive you, but you are also helping yourself as well.

In the beginning of your book, you take us through the journey of having your childhood dream of playing professional baseball stripped from you due to chronic pain. Many with chronic illnesses are faced with feelings of defeat from having their dreams stripped away. This can turn the very idea of daring to dream again into an absolutely terrifying one. How can someone get over that feeling of defeat and dare to dream again? Having my professional Baseball career end in the way that it did was truly devastating, to say the least. My dreams were shattered in the blink of an eye. Spending years of blood, sweat, and tears, hard work and determination; it was gone in an instant. It took me many years to get over that broken dream. After many years of surgeries, heart-break, broken dreams, and close to death several times, my attitude has changed. I no longer dwell on the past-what could have, would have happened. I no longer focus on the things that I am no longer able to do but rather embrace and give thanks to the things that I am still able to do. It is called "GRATITUDE". When you focus on new goals and take action toward those goals, your past letdowns only become stepping stones

to where you need to be in life. I never in a million years would have ever thought of someday writing a book and have it published, let alone being able to give back to others. When one goal never comes to surface, focus on a new goal, live it, dream it, take action to archive it. Don't ever let your pain take that away -ever!

In chapter 14 you talk about the first time you played guitar again after open heart surgery. You said, "as crazy as it sounds, something deep inside of me just took over my heart and soul and touched every fiber of my body. It was as if I'd forgotten I'd ever gotten open heart surgery, and that wiped-out feeling that plagued me for so long became non-existent. " That moment seemed to serve as a doorway for your soul, allowing you to feel "magic" in your life again. Afterwards, your health and overall wellbeing began to improve. Do you attribute this magical feeling to the improvements in your health that followed? I most definitely attribute that "Magical Moment" the turning point of my recovery from major open heart surgery. That operation had definitely taken its toll on me, physically, mentally, and emotionally-for sure. Other than being told that I may never walk again after my 14th surgery that was by far the hardest thing that I have ever been through-hands down!!! Weeks and weeks went by feeling like I had been hit by a huge truck and feeling that there was no end in sight, were very wearing on me. From the first time that I had picked up that guitar and started playing with the people that I have shared the love of music with, that's where the "MAGIC" became real for me. Something deep inside had emerged and I had embraced it and never let go. I believe it was the first day of the rest of my life, truly. I believe that we all have that magical creativity in all of us. We must never let our pain get in the way. Always keep the faith. ■ PHA

“Happiness is not dependent on something as fickle as the absence of pain”

-Nick Vittas

American Bread: Chronic Lyme Disease and the Tao of the Open Road