In This Issue

by Scott Farenghi

Many people think of Lyme disease as an illness introduced by the bite of an infected tick. Though the bite may be a triggering event, this perspective is simplistic and does not take into consideration the numerous issues that both the patient and doctor must evaluate and treat in order to attain the best possible outcome.

For those patients that become chronically ill after being infected with Lyme-related organisms, there is often much more to the puzzle than simply controlling the numerous infections which may have been introduced. In fact, there is a subset of the population that may carry the same infections, having even been bitten by the same tick, and yet not present with a similar symptom complex.

Once a diagnosis of chronic Lyme disease has been made, the healthcare practitioner may come from a treatment program that considers the multipathological nature of the disease process. In order to support the patient’s road back to wellness, treatment must address each of these many factors as part of a well-planned strategy.

Dr. W. Lee Cowden, M.D.

A key component of Dr. Cowden’s approach is the belief that if a patient does not deal with the numerous times the body is 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 that supports the growth of microorganisms. Many studies relate the fact that toxins create a welcoming home for infection, if one focuses solely on eradication of the Lyme organisms via antibiotics or other antimicrobial therapies, “Cowden...” cont’d pg 2

"MARNIE"
The ALS / Lyme Conundrum

by Ginger Savely, FNP-C

The droning hum of cicadas provides the sound track for a lazy, hot Virginia day. A handsome mid-
die-aged woman, dressed in well-weathered clothes, was waving the hoisting the flies, she smiles, sat-
tish with the aroma of her midday meal. One by one, the flies found their way to the edge of her cap, long full skirt and apron.

The previous scene did not actually occur in the late 1700s but rather in the year 2000. The Yorktown revolu-
tionary war battlefield encampment is one of the few historic landmarks in the United States where workers actually “live” the times, occupying their days exactly as they would have done in centuries earlier. Marnie and the soldiers were state employees performing their daily remuneration of life in the 18th century Yorktown army encampment. Curious tourists would wander about, intrigued by the extemporane-
ous theatrical production. In rain and snow, in sweltering summers or freezing winters, Marnie and her co-workers spent their days in the grassy open fields, enduring flea, tick and mosquito bites and the unclean conditions of the times they sought to replicate. Marnie, who loved the simple things in life, was well-suited to this kind of work. In 2001, the job was somewhat of a dream-come-true for her: she was strong, healthy, and a “low maintenance” kind of woman who also adored domestic chores. She had obtained a mas-
ters degree in textile design in Virginia day. A handsome mid-

Centuries earlier, a strait-faced iron clad woman busied herself with the afternoon chores. She pushed back the errant strands of hair that were pasted to her perspiring forehead and then slapped her neck in response to the stinging bite of a large mosquito. She settled down to her knitting, content that the troops at her Yorktown encampment will take pleasure in their midday meal, one of the few bright spots in their daily lives of danger, drudgery and disease. Lamar is her name, but those close to her know her as Marnie. She is well-loved by the soldiers, who see her as a surrogate mother and a true friend. Marnie enjoys her life of service - part-time cook, seamstress, nurse. The previous scene did not actually occur in the late 1700s but rather in the year 2000. The Yorktown revolution-

The Gift of Public Health Alert

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The Gift of Essential Oils

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resistant strains often develop which makes it more difficult to ultimately control the infections. Thus, it is the body’s ter-
rain which becomes the more important aspect of treatment than a sole focus on anti-micro-
bial therapies alone.

After years of advancing the germ theory of medicine, Louis Pasteur’s own demise con-
sisted of “The microbe is noth-
ing. The terrain is everything.” It is with this focus on the ter-
rain and addressing the root causes of why the body became ill in the first place that true recovery emerges. Thus, the ideal treatment program is one that incorporates both detoxifi-
cation and antimicrobial thera-
pies in a coordinated and holistic fashion. Dr. Cowden has cre-
ned such a program and patient responses have been quite posi-
tive.

Beyond his vast clinical expertise and traditional lab testing, Dr. Cowden utilizes an advanced electrodialer biodesign device which is used in the Asyra, or similar bioenergetic testing procedures, to assess the presence of toxins that may be impacting a patient’s health. As a general rule, Dr. Cowden finds that those suffering from chronic illness have both a high total body burden of pathogens and a high total body burden of toxins. As previously noted, the two are not unrelated. In order to effectively remove pathogenic organisms, one must first unwind the numerous toxic insults that have taken place within us.

A key component of Dr. Cowden’s detoxification approach is the use of laser en-
ergetic detoxification (LED). During an LED session, the light of a laser is passed through a clear glass vial of a homeopathic substance which was previously identified as being a stressor for the patient. When laser light shines through a vial of clear liquid, the light controls and modulates the vial and the vial is transformed from a point into a line. This light is “beam” and immediately signals the release of the “substances” being treat-
ed. LED can be used to treat toxins, allergens, infections, as well as auto-immunity to one’s own organs and tissues. Though LED treatments can dramatically accelerate the detoxification process, a patient can be successfully detoxified without the use of LED, if neces-
sary.

Dr. Cowden often analog-
gizes health as a bathtub. He suggests that one needs to limit or reduce those items that he terms the “dirty-water factors” such as nutrient-depleted foods, electromagnetic fields, radiation pollution, toxic relationships, emotional toxins, polluted water, heavy metals, antibiotics, and pesticides. He then suggests that we need to increase those items that he terms the “clean-
water factors” such as healthy food and foods, nutrient and purpose, and will to live, sunshine and exer-
cise, good relationships, peace, joy, and love, purified water; and fresh air. While simultane-
ously reducing the flow of dirty water and increasing the flow of clean water into the bathtub, one must ensure that the “drains” or channels of elimina-
tion are open. These channels include the bowel, liver, kid-
eys, and lymphatics. These organs are at the core of the healing process to dryly.

Dr. Cowden supports a number of options for enhanc-
ing the body’s ability to detoxi-
ify. First, pesticides, herbicides, and solvents can often be removed effectively with the use of homeopathic detoxifica-
tion formulas. Far-Infrared (FIR) sauna can promote effective detoxification through the surface of the skin. Detox foot pads worn on the soles of the feet while sleeping a few nights a week can support elimination of toxins through the feet. A technique referred to as “oil swish and spit” or “oil pulling,” where one continuously moves a healthy oil (such as sesame, walnut, almond, or olive oil) around in the mouth for at least 10 minutes before expelling the oil into the trash, can support the removal of fat-soluble tox-
s. For toxins bearing a chemi-
cal charge, such as pesticides and heavy metals, an ion-foot bath such as the G-Fish Body Cleanse™ can be a powerful intervention. For substances without a chemical charge, such

Dr. Cowden explains health as a bathtub

“Dirty-water factors” = Nutrient depleted foods, Electromagnetic fields, Radiation pollution, Toxic relationships, Toxic emotions, Polluted air, Heavy metals, Antibiotics, Pesticides.

“Clean-water factors” = Healthy foods & nutrients, Purpose & will to live, Sunshine & exercise, Good relationships, Peace, joy, love, Purified water, Fresh air.

“Drains” = Bowel Liver Kidneys Lymphatics

Health is like a Bathtub

NaturMedix Barbur Detox and Parsley Detox are key compo-

nents of Dr. Cowden’s approach to treatment. Folate, Methy1 B12, B6, TMG (trimethylglycine), and certain other nutrients can help bypass specific genetic blockers in those patients that have methy-
lation defects identified by genetic testing. Glutathione, chlorella, and spirulina may be quite useful in supporting the body’s ability to detoxify as well.

In general, Dr. Cowden sug-

gests a combination of detoxifi-
cation approaches be imple-
mented, such as homeopathy, laser energy, and anti-microbial.

“Cowden Protocol” ...cont’d from pg 1

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Energy Boost 708, Onica, Active Ionix™, or other fulvic-acid mineral complexes. In Lyme disease, mercury is seen as the most important toxin affecting recovery. Unfortunately, the presence of mercury amalgams in the teeth makes it much more difficult to implement a successful detoxi-

Therasage is proud to bring you the world’s largest storefront featuring products with far infrared heat. Far infrared heat has been widely used for its many therapeutic benefits in the East for the past twenty-five years and is now becoming very popular in North America.

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Be it highly resolved...

By Donna Reagan

I have no doubts that I will be richly blessed with the opportunity to put this resolve into practice with rugged determination.

I almost cringe as I think of all the people who lost the battle that will inevitably face me. I have another dear friend who has AIDS and I can testify to the community…(can’t really print what she is called), but I know she will be richly blessed. Derriere… She just has a way of dealing with irrational people! I almost wish I had her! She has taught me how to laugh more than any friend I have. I have learned to laugh more often and it has been so hard when listening to her talk about her loved one’s laughter.

I also have had the rare privilege of reading some of her letters and faced to doctors she calls “ducks” because of their irrational “quack” practice.

My friend Leslie has had the rare gift of losing a lot of useless anger anymore, she has learned the value of laughter... I don’t know if she would be as supportive as (her) were I to have been graced with such a beautiful, vivacious gal she calls “ducks” because of their irrational “quack” practice.

As the day of their nuptials got married on a gorgeous Saturday afternoon. My best friend…well, she called us "Illy has been more like a big sister to me over the last 15 years. I don’t want to count up how many years we’ve been really good friends because any number over 15 makes me feel quite old - as in, I can’t possibly be old enough to that my 20th high school reunion just passed, and again, I was not invited to it… I’m too much too young to say such things.

Normally, I would really look forward to the liquor and dance... and the last time I was at a wedding was this was not just your typical Southern cal some punk ass and punk had been to the wedding. This was a $300 + plate reception dinner with more dancing...

I felt all else fails and we can have a really happy wedding day and start the next day with a fresh resolve.

Shopping for our outfits almost did me in. I thought I would look better than they did, and I don’t think that’s an unnatural thought, even if it is my husband says he can’t understand. Even though they don’t admit to it, but I know that men talk... and they’re more than happy with my body and fat had become... I don’t want to look at myself or laugh as long as we didn’t look like a fat man, fast trying to look as thin as I was. It was a challenging experience.

For some special occasion, I drew up this beautiful cuff link to see the top - elegant, yet slight... and this really great and feel the need to wear underwear.

I didn’t know you can’t have everything! I don’t know why you can’t have everything because it’s not like that idea is rocket science - but most of the clothed are out there for skinny gals, despite the fact that our American population is literally bursting at its seams with slightly overweight people. ("Slightly overweight") equals those of us that weigh about 50 pounds or less than our ideal weight. Of course the ideal weight is a skinny 100 pounder, not so much with a really rich resolve, so I’ll adjust the numbers to account for the ludicrous idea that this is not near a real 120 again... so "slightly" overweight is now "70 pounds or less."

As the day of their nuptials approached, I found myself increasingly excited about the event, and then I was buried under increasing anxiety because it meant that my daugh-

I am an editor, therefore I edit! Plainly I had brought another friend to help us through the drama of shopping and to get me to start the next day with a fresh resolve.

When the cami practically had boobs built right in, as well as an almost fatless body just waiting for the little bows I own and my arm fat pulled up nicely into the bra and the cami had boobs right in, as well as an almost fatless body just waiting for the little bows. I bought this one... yet... I didn’t think you could look better than they did, and I don’t think that’s an unnatural thought, even if it is my husband says he can’t understand. Even though they don’t admit to it, but I know that men talk... and they’re more than happy with my body and fat had become... I don’t want to look at myself or laugh as long as we didn’t look like a fat man, fast trying to look as thin as I was. It was a challenging experience.

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My friends and I got married on a gorgeous Saturday afternoon. My best friend…well, she called us ‘Illy has been more like a big sister to me over the last 15 years. I don’t want to count up how many years we’ve been really good friends because any number over 15 makes me feel quite old - as in, I can’t possibly be old enough to that my 20th high school reunion just passed, and again, I was not invited to it… I’m too much too young to say such things.

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I am an editor, therefore I edit! Plainly I had brought another friend to help us through the drama of shopping and to get me to start the next day with a fresh resolve.
Many of us have struggled for months to years in our search for our diagnosis. Once we receive a diagnosis, whether it is Cancer, HIV, or Lyme disease, the shock can be overwhelming. Fear is often our first reaction, and often times it does not subside quickly. How do you hold it together emotionally, while searching for a way to treat the disease? People frequently ask me how I man-aged to beat Lyme disease and keep a positive attitude.

I receive daily emails from sick people searching for reassurance and hope. Most of the people contact me after reading my Lyme disease story online, and want to know how they can get better too. I am not a doc-tor, nor do I claim to know what is right for these desper-ately ill people. So how do I help them? Well, I share my experience, and how I have gone on living happily while having chronic Lyme disease.

My family raised me to be independent and determined. I was a mountain climber, and I was familiar with challenges. For the thrill of adventure in the outdoors, I used to risk my life on purpose before I got sick. Rock climbers, whitewater kayakers and skydivers know what I am talking about. It is our choice to risk our lives to make our lives fuller and richer by living wild, and on the edge as an adrenaline junkie! During my darkest days, I remembered the lessons I learned while climbing mountains. Mountains are beautiful, almighty and powerful. Reaching the summit requires physical strength and mental perseverance. You cannot give up if you want to con-quere the mountain's majesty.

My journey with Lyme disease taught me both patience and gratitude, while attempting my already fierce and deter-mined spirit. Although I am still alive and have my dreams a long time, I have come true has been a death of sorts. My identity and my free-dom are lost for a while. I learned that no matter how challenging mountains are, the hardest mountains to climb in life are invisible. My love for life kept me alive, and fighting for survival. I have faced a long and tortured climb, although beautiful at the same time.

Depending on how sick you are and how long you have gone untreated, you need to prepare yourself emotionally for the long haul. Chronic illness will zap your strength, wipe you out, invade your life, ruin your schedules and rou-tines, and truly test what you are made of. Be prepared for things to get worse before it gets better.

In my case, Lyme disease changed my life, but by definition it is not a disease that stops you from reaching the mountain top. My best advice is to con-tinue climbing your mountains, one at a time until you attain peace of mind. Fear may be a thing of the past. In either case, keep your spirit strong and nourish your deter-mination.

Finding others in similar situations that can relate to what you are going through is essential. Most of my current friends have Lyme disease, and are the trip you have to make. Reach out to oth-ers in the same situation, and remember, you have something to offer, no matter how sick you are. You can radi-ate energy toward others, and demonstrate a positive attitude, even if you are confined to bed or a wheelchair. Remember that Lyme disease, or any chronic illness can never take your heart or your spirit.

When struggling with a chronic illness you are all too often to find activities to keep your-self occupied. If you are con-fined to your bed or a wheelchair computer to connect to an online support group. Sedentary hobbies have been the key to keeping my own sanity. I dis-covered a love for low-key things like: scrap booking, aquaria, and even crossword puzzles. Audio books are a nice solution for those of us who struggle with reading. Keep in mind that meditation and tran-qul healing music can be a great help if you are confined to bed. My pets brought me great joy, and were constant companions in my illness, bringing me much needed comfort.

Midway through my illness, I realized that I could feel sick at any moment and you still can do it if you try hard enough. Do not give up; it is your own plan. Exercise is essential to getting better. You have to start small, but it makes a difference in your stamina and immune function.

I am extremely happy to laugh as much as you can try to find the humor in your predic-ament. Plenty of other people are going through the same thing, and you must reach out for sup-port. My best advice is to con-tinue climbing your mountains, one at a time until you attain peace of mind. Fear may be a thing of the past. In either case, keep your spirit strong and nourish your deter-mination.

I have nasty Lyme arthritis in my knee, and the pads are helping to decrease the swelling and flexibil-ity. I read this was the first time I first told me about the pads... she swears by them! -Satisfied Customer
God's Love: Are You a Bearer or a Barrier?

The dictionary tells us that a barrier is anything that bars passage (such as a stockade or fortress) or serves as a dividing obstacle or a means of separation — with the effect of shutting in or shutting off.

Shutting in or shutting off. These two words are close in their spelling but differ in their meaning.

When you hear the words, “God’s love”. How we think about God’s love can change the way we will experience it.

I don’t know about you — but I believe you, like I am, are desperately desiring to experience the manifest presence of a God who loves me. OK — so let’s get rid of the barriers. Is there a fortress or an obstacle barring the way so that His love can’t reach me? It could be just my thoughts. Maybe it’s pain or disappointment.

The barriers from God’s side are demolished in Jesus — let’s make sure we don’t erect them again.

The barriers from God’s side are demolished in Jesus — let’s make sure we don’t erect them again.

by Joan Vetter

The dictionary tells us that a bearer is one who holds something. The dictionary tells us that a barrier is anything that produces or yields fruit.

A bearer is one who holds something. A barrier is anything that produces or yields fruit. That’s why I love prison ministry. Testimonies of changed lives remind me again of the absolute wonder of God’s ability to touch a life with His love and forgiveness and totally transform it. Sometimes, though, we may be truly born again, we establish barriers that limit the love of God for ourselves, thereby not experiencing the total deliverance from the dominion of Satan.

I love seeing someone like Karla Faye Tucker, who in total depravity, killed two people with a pick-axe and whose life God transformed in prison. My friend, Suzette, was able to sit down and have tea with her on death row in Gatesville prison. When they parted, Suzette cried like a baby, knowing that despite the illness that ravages my body, my affliction can polish my rough edges and in the lives of others, I may have a better understanding of another’s pain and suffering.

The barriers from God’s side are demolished in Jesus — let’s make sure we don’t erect them again.

by Tina J. Garcia

Dear Heavenly Father, please grant me the knowledge and understanding that my affliction can polish my rough edges and assist me with refinement and growth.

Lyme Prayer

Heavenly Father, please grant me the realization, that despite the illness that ravages my body, I have the ability to protect and preserve my Spirit.

Heavenly Father, please grant me the strength to endure persecution, suffering, rejection and loneliness, so I may have a better understanding of another’s pain and suffering.

Heavenly Father, please grant me the realization that I still have the potential to accomplish Thy will in my life, and in the lives of others, to encourage, uplift and share the goodness within me, which I inherited from Thee. Amen.

Lynda Prayer

Heavenly Father, please grant me the realization that I still have the potential to accomplish Thy will in my life, and in the lives of others.

by Lynda Anderson.

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**Gastrointestinal Lyme disease** may cause gut paralysis and a wide range of diverse GI symptons such as massive food intolerance, bloating, diarrhea, constipation, gas, flatulence, abdominal pain, nausea, vomiting, abdominal distention, acid reflux, constipation, diarrhea, bloating, and weight loss. Lyme-infected patients may experience a variety of gastrointestinal symptoms, including diarrhea, constipation, bloating, and abdominal pain. The symptoms may be acute or chronic and can range from mild to severe. Lyme disease can also cause damage to the nervous system, including peripheral neuropathy and cranial nerve palsy. The symptoms of gastroinestinal Lyme disease can be difficult to diagnose and may be mistaken for other conditions.
Lyme Disease: An Integrated Approach

by Andrea Candee, MH, MSC

Lyme disease was first identified, a Lyme infected tick, as it feeds off its human host, passes a bacteria known as a spirochete into the bloodstream. The conventional medical approach is to treat the Lyme disease with antibiotics. When a child or adult is quickly treated with an appropriate antibiotic, the rash usually clears, but Lyme disease can result in chronic fatigue and other symptoms, marked by a long period of recovery before a person becomes symptomatic.

A common scenario is for a tick to feed upon a dog, picking up a strain of parvo virus, feed upon a mouse, pick up a strain of hanta virus, feed on deer, picking up the strain of hanta virus; it is a very virulent bacteria, ehrlichiosis, and its doctor immediately put him on antibiotic. Of course, I gave him probiotics and barberries as discussed below. However, since antibiotics do not treat viruses, rather than see if one round of antibiotics would bring him to total recovery, I tested him further, using kininology. I gave him natural remedies that specifically addressed the parasites and infections in his body. Commonly piggybacked on the spirochete and for which he tested positive, using kininology.

Bacteria and viruses feed on each other so it would be a good idea to reduce sugar intake. Bacteria can be treated with antibiotics alone, or you have been suffering with chronic Lyme disease, in which case long-term antibiotic therapy, you may wish to consult with a health practitioner who is familiar with the viruses that are known to attach themselves to the ticks that transfer this disease.

Increasing Good Bacteria

Friendly bacteria and yeast micro-organisms live harmoniously in the intestinal tract. The antibiotics do not differentiate between beneficial and harmful bacteria and, in its quest to go after the "bad guys", may deplete the "good guys" located in the intestinal tract. When the level of good bacteria is depleted, yeast, regularly kept in check by the "good guys", has an opportunistic growth out of control. Yeast overgrowth can cause a variety of symptoms such as breathing gas, itching, sugar cravings, brain fog, mouth sores, headaches, weight gain, mood swings, depression, and extreme fatigue.

Antibiotics, probiotics and other probiotic, active bacterial cultures in yogurt (plain yogurt with added sugar or a sugar free yogurt feeds yeast) help to bring balance to the intestinal flora by repopulating the area with good bacteria. Probiotics are available in capsules, liquid and tablet form, and are best taken three times a day, one hour before or after the dose of antibiotic, and continuing for at least three weeks, three times a day, and the use of probiotics, it may be because viruses are also involved. They do, however, respond to natural remedies designed to address the specific viruses and can be given along with antibiotics without interfering with each other. When a Lyme disease is not treated well with antibiotics alone, or you have been suffering with chronic Lyme disease, in which case long-term antibiotic therapy, you may wish to consult with a health practitioner who is familiar with the viruses that are known to attach themselves to the ticks that transfer this disease.

The integrated approach

When my son had Lyme disease, blood tests confirmed that he was accompanied by the virulent bacteria, chlorella, and his doctor immediately put him on antibiotic. Of course, I gave him probiotics and barberries as discussed below. However, since antibiotics do not treat viruses, rather than see if one round of antibiotics would bring him to total recovery, I tested him further, using kininology. I gave him natural remedies that specifically addressed the parasites and infections in his body. Commonly piggybacked on the spirochete and for which he tested positive, using kininology.

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Increasing Good Bacteria

Friendly bacteria and yeast micro-organisms live harmoniously in the intestinal tract. The antibiotics do not differentiate between beneficial and harmful bacteria and, in its quest to go after the "bad guys", may deplete the "good guys" located in the intestinal tract. When the level of good bacteria is depleted, yeast, regularly kept in check by the "good guys", has an opportunistic growth out of control. Yeast overgrowth can cause a variety of symptoms such as breathing gas, itching, sugar cravings, brain fog, mouth sores, headaches, weight gain, mood swings, depression, and extreme fatigue.

Antibiotics, probiotics and other probiotic, active bacterial cultures in yogurt (plain yogurt with added sugar or a sugar free yogurt feeds yeast) help to bring balance to the intestinal flora by repopulating the area with good bacteria. Probiotics are available in capsules, liquid and tablet form, and are best taken three times a day, one hour before or after the dose of antibiotic, and continuing for at least three weeks, three times a day, and the use of probiotics, it may be because viruses are also involved. They do, however, respond to natural remedies designed to address the specific viruses and can be given along with antibiotics without interfering with each other. When a Lyme disease is not treated well with antibiotics alone, or you have been suffering with chronic Lyme disease, in which case long-term antibiotic therapy, you may wish to consult with a health practitioner who is familiar with the viruses that are known to attach themselves to the ticks that transfer this disease.

Reducing Sugar Intake

Bacteria and viruses feed on each other so it would be a good idea to reduce sugar intake. Desserts should be limited and pass them by strawberries, raspberries and blueberries. Keep in mind that many fresh and dried fruits, and fruit juice, like banana, raisins and apple juice have a high sugar content. This would be a good time to eliminate junk foods and eat health promoting foods like pesticide-free vegetables, antibiotic-free chicken, fish, grains, organic eggs, and nuts, so as not to pose any additional challenge to the body. Check with your local health food store and organic departments for the best choices.

Protection Against Tick Bites

The safe, natural way to prevent tick bites is with the essential oil of eucalyptus, found at the health food store. The strong but pleasant smell seems to effectively repel the ticks. There are three ways to use this aromatic oil.

In a spray bottle, add 1 ounce of water to 1 eucalyptus oil. Spray on the skin before an outdoor activity, like gardening. The bottled mixture remains potent for many months. For longer protection, such as a hike in the woods, mix 10 drops eucalyptus into ½ ounce almond or sunflower seed oil and apply to skin and clothing. A larger amount can be pre-mixed for a camping trip or for sending off with a child to school camp. Protect your dogs and cats with ticks and you will also be protecting yourself!

Some people never touch a blade of grass yet get Lyme disease and wonder why. Your pet may be transporting the ticks to a child. Dip a tin rope into the eucalyptus oil and wrap in a bandana. Tie the bandana around your pet's neck, refresh- ing the rope twice a week. Your pet will look fashionable and be protected at the same time. If you choose not to tie the eucalyptus rope directly onto your pet's skin it may cause irritation. The spray bottle of eucalyptus and water may also be used to spray your pet's coat before an outdoor romp in the grass or in the woods.

Choosing the pleasures of country life over city life means we must learn to cohabit with nature harmoniously. The fewer chemicals we use internally and externally will mean safer groundwater and air, healthier bodies, and a rever- ence for life around us.

To receive her free e-letter, register at her website: www.AndreaCandee.com

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Acidophilus and other probiotics are available in capsule, tablet and powder form, and are best taken three times a day, one hour before or after the dose of antibiotic—taken three times a day, one hour before or after the dose of antibiotic.  Supporting the body's immune system will help them to feel stronger when the therapy is finished.

Researchers Still Puzzled

In many cases of chronic Lyme, medical researchers cannot understand why symptoms persist when intensive testing fails to reveal signs of the Lyme bacteria in blood or spinal fluid. In a New York Times article, they reportedly account for these symptoms by assuming that Lyme has led to autoimmune dysfunction with out understanding the root cause. The tick may have passed more than just bacteria into its human host. In my client population, I have found the majority of long-term Lyme cases complicated by viral co-infections.
Microbes and Mental Illness

Microbes are the greatest predator of man. As medical technology improves, there is increasing recognition that infectious disease contributes not only to acute, but also chronic relapsing illness and mental illness. The evidence to support this is a combination of insights from theoretical biology (particularly Darwinian medicine), research, and direct clinical observations.

We lead our entire lives surrounded by microbes. In a state of health, there is a balance, a reasonable resistance to infectious disease, and a peaceful coexistence. In contrast, with infectious disease, there is an imbalance between the threat posed by microbes and host defenses. This balance is affected by environmental factors (including exposure to pathogens) and a number of host factors such as genetics and/or increased vulnerability as a result of a state of chronic stress. Although the stress response is adaptive in a short time frame to allocate resources during a crisis, if the stress response is persistent, rather than cyclic, it further increases vulnerability to disease.

The most common sequence of disease begins with a vulnerability and an exposure to one or more stressors. The vulnerability may commonly include genetic and/or increased vulnerability as a result of chronic stress. As a result of these and other vulnerabilities, the microbe more easily penetrates the host’s defenses and an initial infection may then occur.

Although infection may occur from microbes that are always present in the environment, a greater number of organisms or more virulent organisms further increase risk. Acute infections are most noteworthy in general medicine. However, the course of the infection most relevant to psychology includes injury from a prior infection, chronic, low-grade, persistent relapsing infections, or the persistence of the infectious agent in the inactive state. When persistent, relapsing infection occurs, there may be an extended period of latency followed by some triggering event(s) (i.e., chronic stress, injury, surgery, or other infectious agents), which may then cause the activation of the infectious agent(s) and the progression of the pathological process.

Some injury in infectious disease is a result of toxic products or direct cell injury, but a significant amount of injury is a result of host defenses gone awry in response to the infection. Neural injury may occur by a variety of mechanisms, which include vascularity, direct cell injury, toxins, inflammation, cytokines, autoimmune mechanisms, incorporation of parasite DNA into host DNA, and excitotoxicity. This injury leads to a vicious cycle of disease, resulting in dysfunction of associative and/or modulating centers. Injury to associative centers more commonly causes cognitive symptoms, while injury to modulating centers more commonly causes emotional and allocation of attention disorders.

Psychiatric syndromes caused by infectious disease most commonly include depression, OCD, panic disorder, social phobias, variants of ADD, episodic impulsive hostility, bipolar disorders, eating disorders, dementia, various cognitive impairments, psychosis, and a few cases of dissociative episodes. In clinical experience, the link between infectious disease and psychopathology has been an issue with Lyme disease, syphilis, babesiosis, ehrlichiosis, mycoplasma pneumonia, toxoplasmosis, stealth virus, borna disease, AIDS, CMV, herpes, strep and other unknown infectious agents. In the collective database of patients demonstrating psychiatric symptoms in response to infectious disease, the majority of the cases has been infected by ticks. Aristotle referred to ticks as “filthy disgusting animals” (1). They spread their lives living in dirt, feeding on the blood of mice, rats, and other wild animals. When they bite humans, they pose a risk of injecting an infectious cocktail of pathogens into the host.

Patients with psychiatric symptoms from tick-borne diseases are most commonly infected by Borrelia burgdorferi (Bb), the causative agent of Lyme disease and quite often other coinfections-infections. There is an increasing recognition that many chronic relapsing infections are complex interactive infections in which microbes interact with each other in a manner that contributes to the disease process. The models most commonly discussed are coinfections associated with HIV and tick-borne coinfections. For example, coinfections associated with Lyme disease may be acquired at the same time, before or after the Bb infection. Interactive infections, however, are a more accurate term than coinfections, since these infections invariably cause an interaction that changes the disease process.

To understand coinfections, we need to begin by defining each disease separately. This, of course, is an area of much controversy in regard to late stage chronic relapsing Lyme disease. A similar controversy exists in regard to other chronic infections. It is difficult to explain how interaction occurs when there is such disagreement defining the clinical syndrome and pathophysiology associated with each disease separately.

A couple of years ago, other tick-borne diseases were not considered to be very significant in contributing to chronic, relapsing Lyme disease. Once there was a greater focus upon these organisms, it became clear that coinfections were a significant issue. We can better understand chronic, relapsing diseases such as Lyme disease by taking a closer look at interactive coinfections, host vulnerability, and host response that contributes to the disease process. Some very interesting work is being done to better understand the role of interactive coinfections between Bb and stealth virus, Candida, Babesia, and Ehrlichia. For example, stealth virus facilitates lipid production which facilitates Bb growth (3). Bb is protected from host defenses inside Candida cells (4). Babesia causes immune suppression, and Ehrlichia causes bone marrow suppression.

In summary, the complexities of these issues teach “Microbes” cont’d pg 11
chronic illnesses such as Lyme disease.

Two exciting new products supporting detoxification have recently been launched by NutraMedix. These are Zeolite Alga and chloroform in his treatment protocols for most patients. He is also finding that zeolites from NutraMedix, one of the added benefits of the zeolite product come into play. The chemical aspects of the zeolite product come into play.

A good detoxification program is the framework upon which other remedies can be built. Attempts to improve health through detoxification strategies without first ensuring that the body's channels of elimination are functioning correctly can lead to a less than ideal outcome.

Dr. Cowden's experience is that everyone is metal poisoned, to some degree.

Toxins create an environment that supports the growth of microorganisms. He has found that patients who stay on his protocols for about a year can generally stop treatment entirely. Of midline scans, circumcission or epi- stomy scans are the first that should be addressed. Then, work up the front of the body over the top of the head and down the back of the body to the tailbone area, where there are often invisible bruise scars, until all scars have been treated.

Other important aspects of treatment include drinking sufficient fluid, proper nutrition, supporting the lymphatic, addressing structural issues, and investigating and resolving geographic and electrosmog exposures.

Dr. Cowden suggests drinking at least three liters of uncarbonated water per day to improve kidney, liver and lymph function. With this, everyone has less than optimal function in their lymphatic systems. If Chlorella can be supportive, building up to 15 minutes once or twice per day. A case of glass and latex, the lymphatics is the presence of illusory worms. Fortunately, the new NutraMedix herbal formu- la Enula looks promising in this category.

Dr. Cowden has found that many patients have fallen on their end, either another and they have a contra- sive bruise scar which they may not have noticed before. As men- tioned earlier, there are also four clay applications available. With a final. Forces births, car accidents, food falling out of a highchair, a broken window, and other common events which impede opti- mality of function. Cranio- sacral therapy and otoplastics or acupressure manipulations can help address such structural concerns.

Geopathic exposure is another important factor in ill- ness. These are landslides, earthquakes or any other release of geopathic stress. This can cause illness through the use of a num- ber of frequencies which emanate from the earth above and below them, metal ore vein, fault in the earth, or similar phenomena. It has been described by a German-made geomag- netometer or by an old-time device such as a water thermometer method used in the past to find pipes buried in the ground. There are various methods to address such geopathic stressors.

Electrosmog, or electrosmog pollution, is a stressor that can be evaluated with a number of relatively inexpens- ive instruments. One of the readings on one's sleeping loca- tion is critical. The first step is to sequentially turn off circuit breakers until the readings go down. In this case, the responsible break- er should be turned off every night while sleeping.

Cell phones are an "unnecessary poison." Most people spend about three hours per day on their cell phones, checking messages, or just browsing the web. This can be help- ful, but if used excessively, it can be harmful. Electrical devices such as cordless phones are an important example of "unnecessary poison."
Treaurses of Essential Oils

Essential oils are extracted from the stems, leaves, petals and seeds of trees, shrubs, herbs and flowers. Essential oils from these plants contain a semi-oily resin that contains trace elements of enzymes, vitamins, minerals, hormones and nutrients. Precious plant oils contain oxygen (cell-building), essential fatty acids (anti-inflammato-
y and stimulating to liver and glands), phenols (antiseptic, anti-bacterial and anti-viral), ketones (stimulate cell regeneration and liquefy mucus), ter-
penes (anti-bacterial, diuretic and decongestant) and allyl-
des (anti-infective, sedative and calming to the nervous system). Essential plant oils have been used since ancient times, most notably in Egypt, the Middle East, and Asia. The oils are extracted from the plants through a time-tested distilla-
tion process. Plant oils in ancient times were widely used to enhance beauty by applying to hair and used as perfumes. The oils were also used for both their medicinal purposes through application and diffus-
ing/inhalation the fragrances, thus altering the natural properties noted above. Numerous refer-
ces in the Old and New Testaments refer to anointing and healing with essential oils. The Lord provided to Moses apothecary recipes using herbs and oils, essential plant oils of frankincense and myrrh were presented as gifts to the Christ child, Christ anointed with oils during his ministry and Mary Magdalene washed the Savior’s ankle injury.

Essential oils produced by Gary Young, N.D., of Middle East, and Asia. The oils are extracted from the plants through a time-tested distillation process. Plant oils in ancient times were widely used to enhance beauty by applying to hair and used as perfumes. The oils were also used for both their medicinal purposes through application and diffusing/inhalation the fragrances, thus altering the natural properties noted above. Numerous references in the Old and New Testaments refer to anointing and healing with essential oils. The Lord provided to Moses apothecary recipes using herbs and oils, essential plant oils of frankincense and myrrh were presented as gifts to the Christ child, Christ anointed with oils during his ministry and Mary Magdalene washed the Savior’s feet with Spikeordan oil. Myrrh has purifying properties that prevent decomposition and was therefore used to wrap the body of Jesus after his crucifixion.

Essential oils produced by Gary Young, N.D. of Young Living Essential Oils have been specially tested, this resulted in the discovery and documentation of their unique natural electrical frequencies. This discovery spurred the development of more than twenty essential oil blends that Aromatherapist Gary Young claims can improve mental clarity. Inhaling the essence of essential plant oils stimulates the olfactory nerves. In addition, the molecules of plant oils can penetrate layers of skin readily and are absorbed by the cells of the body. Thus, the benefits of essential oils may be achieved through inhalation and massage. In addition, I have found that using essential plant oils in compresses and baths is relaxing, rejuvenating and healing. It is reported that mixing a 1/2 cup of your favorite oils into a five gallon bucket of paint eliminates the normal paint smell after painting.

According to Gary Young, N.D., in his book Aromatherapy: The Essential Beginning, modern science has shown that frankincense has learned about the beneficial uses of these oils. Aromatherapy may also be used to stimulate or curtail functions. As already mentioned, a wide variety of plant oils contains antiseptic, antibacterial, antifungal, antiviral and immune-stimulating properties. When applied and massaged on a particular reflex points of the body, the oils are readily absorbed and utilized in their various capacities. Essential oils are very potent, so you don’t need many drops of application. It is recommended that oils be applied by mixing a dime-size amount of olive oil and a couple drops of the chosen essential oil on your hand first and then apply the mixture to your skin. Many oils are so potent that they will burn your skin if you apply them directly without a vegetable oil. Olive oil has nutritional properties in and of itself, so it serves as a wonderful application medium for these oils with your favorite plant oil.

I am grateful that my oldest daughter has realized the many benefits of precious essential plant oils. She has positively affects the entire family and extended families by sharing the knowledge she has learned about the beneficial uses of essential oils. She has personally used organo, thyme, eucalyptus, frankincense and rosemary oils on herself and her family of young children to mend cuts and treat colds and flu. My other daughter has also demon-

strated these benefits with her husband and small children using peppermint, cedarwood, eucalyptus and Thieves blend.

My sons have used RC blend to treat their flu/bronchitis and lemongrass oil for a broken ankle injury.

Essential oil is my favorite Young Living Essential Oil blend, which my daughter-thought might be helpful in treating my Lyme disease due to its antibacterial properties. I have experi-
enced wonderful relief from muscle, tendon, ligament and nerve pain by massaging it into painful areas with this tantaliz-
ing blend of clove flower bud, lemon verb, cinnamon bark, eucalyptus leaf and rosemary leaf. My husband suffers with much pain, also, and Thieves oil blend has provided him with relief from an infected knee replacement. Some oils, such as peppermint may effectively be used for nausea and reduc-
ing fever.

I recommend you do your own reading and research about essential oils. You will learn about the many different kinds and their various uses. Dr. Young’s book has listing of these oils and their benefits. This is a great book for those wishing to explore essential oils. Although my family and I have experienced great results through the use of natural essential plant oils, these are our personal experiences that may or may not be repro-
duced in others’ circumstances. There are many companies that sell essential oils. I was intro-
duced to Young Living brand and have found them to be of high quality. I have heard of many other people say the same thing about this particular brand, so I feel comfortable in referring to them.

Essential oils have pro-
voked my family with a won-
derful experience in the use of God-given plants for us to enhance our well-being. There is a wonderful sense of excite-
ment and satisfaction from experiencing positive results through the use of essential oils. Our family has become a family of “Believers” in the many benefits of these precious natural medicinal remedies.

“Microbes”

as humility. To better understand the clinical syndrome associated with these infec-
tions, internists need to recog-
nize the significance of mental symptoms in chronic interac-
tive infections and psychiatrists need to better appreciate the role of microorganisms in causing mental illness.

(1) Adapted from Burtzacs, J., The New Lyme Disease Diagnostic Hints and Treatment Guidelines for Tick-

(2) Burgdorfer, W.B., Increased Evidence of Mosquitos/Spirochete Associations; 11th International Scientific Conference on Lyme Disease and other Spirochetal & Tick-
Borne Disorders.

(3) Discussion with Dr. John Martin

(4) Discussion with Dr. Linda Mattman

For more information: www.mentalhealthandillness.com

Lyme Awareness Art Project

Financial Donations for Supplies

Welcome & Appreciated

The first submission for the Lyme Awareness Art Project read: “I am not afraid of Lyme disease. I know I can beat it. I’m tough and strong and I can be as mean as a dinosaur. This dis-
ease can’t slow me down.” Jeff - age 6 - Middlesex, VT

Tell Us Your Story!

The guidelines for submitting your story and photo are sim-
ple. Write a short paragraph or poem describing your expe-
rience with Advanced Lyme and send a photo that you feel
visually expresses the experience you have written about. Include your name, your age and the city and state in which you live.

I will paint my interpretation of the submissions for what I hope will be a travelling Lyme Awareness show. Please be sure that you send us your contact info in case I need to ask you something about your submission.

Send Photo and Story Submissions to:

Linda Marcille, Lyme Aawareness Art Project
28 Center Road, Corinth, Vermont 05039
www.crowhousestudios.com
http://lindaslymediseasejournal.blogspot.com
smalldog@tops-tele.com
estimated 5,000 people of all races and ethnic backgrounds are diagnosed with the disease each year in the United States. ALS most commonly strikes people between 40 and 60 years of age, and men are afflicted almost twice as often as women. There is no known cure and generally life expectancy ranges from three to five years.

In 90 to 95 percent of ALS cases the cause is unknown, with the remainder of cases being due to a genetic abnormality. It has been noted that a high percentage of those diagnosed with ALS had outdoor jobs, such as construction, outdoor laborers, or participated in outdoor activities. There is also a higher incidence of the disease in military personnel deployed to overseas missions.

The only treatment currently available for ALS patients is a drug called riluzole (Rilutek) which at best prolongs life by about two months (but usually only by a few weeks). The medication reduces the level of glutamate, which is thought to be abnormally high, and therefore neurotoxic, in ALS patients. In order to fit the “official” diagnostic criteria of ALS, the motor neuron disease and there is really nothing he can do for me.”

As a practitioner who specializes in treating patients with Lyme and other tick-borne diseases my diagnostic antennae go up when I hear words like “devastating,” frequently, patients with neurologic symptoms that don’t quite fit a known diagnos- sis are misdiagnosed victims of at least one tick-borne infec- tion. Marnie certainly had known her share of ticks. During her 18 years of working in the fields of Yorktown, she had pulled dozens of the blood-sucking creatures from her body. “I’ll mail you an IGeneX Laboratories blood test kit,” I said, “and let’s see what we find out.”

As is often the case in patients with severe or long-standing Lyme disease, Marnie’s Lyme Western Blot test results were technically “negative” but highly suspi- cious for exposure to Borrelia burgdorferi (the causative agent of Lyme disease) however, positive for Babesia, another tick-borne infection. It was enough evidence for me to recommend treatment after all, the only other option was to accept the ALS diagnosis and helplessly await certain death. A poll of several of the nation’s Lyme experts convinced me that we should not waste anoth- er moment but start her at once on intravenous Rapecin, the antibiotic of choice for those with neurologic Lyme disease. But Marnie wasn’t con- vinced that she had Lyme dis- ease. After all, she didn’t have the joint pain, malaise or cogni- tive disturbances that were characteristic of the illness. The intravenous line sounded so drastic and dangerous. She opted to go on oral antibiotics and I referred her to a Virginia Lyme specialist for treatment.

During the following two years Marnie’s life went into a gradual tailspin: months of oral antibiotic treatment with resultant nausea and loss of appetite; difficulty adapting to the “tick role” considering a child of 64 dealing with a mu- tually panic and frustration about her unwiliness to try IV treatment; having to abandon the arts and crafts she loved due to muscle contractions in her hands; and reluctant retire- ment from her beloved job. In September 2003, the tenta- tive diagnosis changed to a def- inite one as she ultimately fit the diagnostic criteria for ALS. When she reached the point of needing a wheelchair, she was doing well with her respiratory mus- cles. It is said that when a brain is oxygen-deprived a morphine- like state is induced. And thus a drowny euphoria came over her mind as Marnie’s memories rapidly faded; a life that remained of her wanning con- sciousness. Her daughter stayed close by all day as she tended housework, while her son-in- law labored diligently in the yard, clearing the storm’s sense- less wreckage. By evening, delirium drifted in with its col- lage of people and places and Marnie could occasionally be heard calling out in response to a vision in her mind’s eye. At about 9 pm on September 22, 2003, Marnie took her last breaths almost slipped away, without tubes, without needlets, ventilators or medical personnel close by all day as she tended housework, while her son-in- law labored diligently in the yard, clearing the storm’s sense- less wreckage. By evening, delirium drifted in with its col- lage of people and places and Marnie could occasionally be heard calling out in response to a vision in her mind’s eye. At about 9 pm on September 22, 2003, Marnie took her last breaths almost slipped away, without tubes, without needlets, ventilators or medical personnel close by all day as she tended housework, while her son-in- law labored diligently in the yard, clearing the storm’s sense- less wreckage. By evening, delirium drifted in with its col- lage of people and places and Marnie could occasionally be heard calling out in response to a vision in her mind’s eye.
Lyme and bartonellosis symptoms may include encephalitis signified by headaches, memory loss, seizures and coma, as well as inflammation of the heart, abdominal pain, bone lesions, and loss of vision.

In the News

**footnotes in this article can be seen on the PHA website version of this article.**
out loud” about all the things they were required to recognize you - no matter how old or fat you look required to recognize you - no

I've known a few months to live, Lyme diagnosis and subsequent intra-

But no. He did no such thing. It was the stupid fat braud that pumped by not being recog-

But what the heck, I can't face the edge of the pain - but it does NOTHING to reduce the social embarrassment caused by missing a wedding - com-

But what the heck, I can't face the edge of the pain - but it does NOTHING to reduce the social embarrassment caused by missing a wedding - com-

How could I miss Jen’s wed-

How could I miss Jen’s wed-

So I was absolutely stun-

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I recommend Researched Nutritionals® for my patients ...

Joseph Burrascano, M.D.

Due to the efficacy and the science behind the products, and the experiences in my clinic, I have found Researched Nutritionals® very useful.

A few of my personal favorites:

**NT Factor Energy™**
I prescribe this to my patients because it provides a noticeable improvement in their energy levels. By promoting healthy mitochondrial membrane repair (and not through the use of any stimulants), most of my patients report that they feel better.

I discovered this product at a medical conference, and was intrigued by the research. One of the published studies reported that patients experienced a 40% decrease in fatigue(1) in eight weeks. The product is formulated to deliver a stabilized unique phospholipid matrix (this is what composes the mitochondrial membranes), wrapped in pre and probiotics as well as Mitochondrial Pro Regulator™ to optimize mitochondrial function, Krebs Cycle Glucose Absorb™ to propel the burning of glucose, creating energy and removal of excess ammonia which can cause fatigue, and RN Fatty Acid Metabolizer™ to maximize ATP production by regulating fatty acid buildup which, if left unchecked reduces mitochondrial function and increases cellular toxins. Normally, cells produce and repair their own mitochondrial membranes. However, these membranes may become compromised during long-term illness or interestingly, intense physical exercise by healthy individuals. This product helps the body help itself. By improving cell membrane potential, nutrients are better able to enter the cells for greater ATP fuel production, toxin removal is improved and oxidative stress is reduced.

**CoQ10 Power™ 400mg**
I actually tested the blood level of a patient on this product versus another well-known CoQ10. The patient using CoQ10 Power™ had three times the CoQ10 in the blood than the other product. The product is produced in the preferred soft-gel form, allowing the oil base to optimize absorption. As I have come to expect from Researched Nutritionals®, the raw material is of the highest quality and is imported from Japan.

As I have come to expect from Researched Nutritionals®, the raw material is of the highest quality and is imported from Japan.

**Transfer Factor Multi-Immune™**

People have asked me what differentiates transfer factor from colostrum. I generally reply that it is supercharged colostrum. In every gallon of colostrum, you derive only an ounce or two of pure transfer factor. This is where you find the heart of immune support.

Maintaining natural killer cell function is essential for achieving optimal health. Each capsule of Transfer Factor Multi-Immune™ combines the following complexes to provide optimal natural killer cell support:

• **NK Maximizer Bioplex™** – Super blend of pure transfer factor, larch arabinogalactan, IP-6, shiitake and maitake mushrooms to promote healthy NK cell levels & immune modulation(2) (3)
• **Macrophage & T-Cell Pro-Blend™** – Proprietary blend of beta glucan, astragalus, and TMG for healthy macrophage and neutrophil support, aiding removal of cellular debris and recovery of damaged tissue. Unique blend also supports proper T-cell function, cellular replication and liver function. (4) (5)
• **Healthy Cell GTP™** – Potent extracts of green tea and pomegranate to promote normal cell division and containing high levels of crucial antioxidants.
• **Plus an integrated blend of folic acid, vitamin B-12, zinc, and selenium to strengthen immune function, promote normal cell growth and boost antioxidant levels.** (6)

I believe a healthy energy level and a fortified immune system are essential to good health.

Best Regards,
Dr. B.
IN THE NEWS

POWERFUL NEW ARSENAL

for today’s health challenges

“The Nutramedix products are the most effective natural products I use on my patients.”

— Wm. Lee Cowden, MD, FACC
Cardiologist, Internist, Author, Lecturer

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