



Before



After

A Forgotten Voice: The Elizabeth Chalker Story

by Laura Zeller

www.wildcondor.com

Maya Angelou once said, "People will forget what you said. They will forget what you did. But they will never forget how you made them feel."

And so begins my story about Elizabeth Chalker, a 39-year-old woman I met several years ago. The first time I spoke with Elizabeth on the phone, I had never heard a voice so weak. It is something I have never forgotten, and never will. As I struggled to understand Elizabeth's quiet, strained words, I could not help but feel instantly inspired. Elizabeth's story stands apart from all the others in a profound, desperate way. Elizabeth is not unique in that she suffers from late-stage neurological Lyme disease and its co-infections, a controversial disease that affects tens of thousands of people worldwide. What places Elizabeth Chalker in a special league of her own is the way she makes people feel even as she struggles to get her words out because of the devastation the diseases have inflicted on her body.

Like many others afflicted with tick borne illness, Elizabeth has been sick for over half her life. In spite of severe symptoms that began at the age of 12, Elizabeth managed to excel in every life arena; from talented athlete to a brilliant Psychologist and Addictions Counselor; to having meaningful and lasting personal relationships; to always finding time to donate her gifts and talents to her church, to youth, and to her community. While only 3 chapters short of the dissertation for her third graduate degree, Elizabeth was overcome by her illness and forced into a life of pain, debilitation, and isolation. By the time she

finally received an accurate diagnosis of Lyme disease and co-infections, her body was already shutting down.

As if Lyme disease were not enough, Elizabeth also suffers from endometriosis. Endometriosis is a disease in which normally occurring endometrial cells grow and implant in areas outside of the uterus. Those cells bleed as if they were mini uteruses, leaving fluid and blood inside the pelvic cavity that trickles down, causing organs to attach to each other from the adhesions the fluid and blood form. The displaced endometrial tissue also causes swelling in the pelvic cavity where there is no extra room, resulting in severe and debilitating physical pain.

The kind of endometriosis that Elizabeth has is unique in that it has been found not only on her reproductive organs, such as her uterus and ovaries, it has also been found on her ureters, the gutter space by her liver, her bowel, bladder, the round ligaments; her pelvic walls where it was embedded, both pararectal spaces, and the rectovaginal septum. Her endometriosis causes relentless pain and suffering 24/7, from the top of her head to her toes; pain that even the strongest pain medications cannot control.

Elizabeth has had 9 surgeries for the refractive endometriosis and currently needs a tenth, but doctors say she would likely not survive another surgery. She is not even able to take hormone pills that are routinely used to help the symptoms of endometriosis, as her body is allergic.

The Lyme disease(s) and endometriosis combined cause Elizabeth unimaginable pain and torture every day. Some of her daily symptoms include uncontrollable twitching in her muscles that feels

like snapping rubber bands, 24-hour migraines, horrific pelvic, back and abdominal pain, excruciating bone and organ pain, chronic nausea, dizziness like being on a boat with seas being rougher at different times, extreme light and sound sensitivity, shaking, cold and heat sensitivity, difficulty breathing, brain fog, and other neurological symptoms such as severe insomnia which prevents her from sleeping more than a half hour to an hour at a time. Because of the intense weakness, pain in her bones, and dysautonomia, the only way Elizabeth can get around her small apartment the majority of the time is by crawling or using a wheel chair.

Due to the severity of her symptoms, Elizabeth spends 90 to 100% of each day in bed with minimal movement; in a cold (65-degree) dark room with minimal light or noise. Unable to even watch TV most of the time due to the noise and overstimulation to her nervous system, she must frequently lay still with an ice pack on her head and a heating pad on her stomach, struggling to find a position that causes the least pain. She struggles to make herself something to eat and to move around as much as possible to help herself. Additionally, she earnestly strives to remain compliant with the minimal medical protocols she is able to do at this time, due to lack of financial resources.

Aside from a few texts and perhaps a few short phone calls per week, Elizabeth's only physical contact with the outside world consists of Dr. Corey Cameron, a chiropractor, who is a mother to her. Dr. Cameron is devoted to Elizabeth, visiting her a few days per week when she is in town. The rest of the time Elizabeth goes through the day-

to-day struggles alone with with no one but her four-legged "son" Symon, a Corgi/Shepherd mix, at her side. Imagine the terror of living in this type of torture alone!

"Elizabeth is a remarkable person with a strength and faith that I have never seen," says Dr. Cameron. "No matter how beaten down, discarded, debilitated, physically sick or alone she is, she keeps getting back up and meeting every challenge she faces. Elizabeth lives a hell that ten healthy people would not survive. She does so with grace, integrity, and realness that I have never known in anyone else.

"Elizabeth is an extremely generous woman who now needs our help as a people, as a community, and as a society. The devastation Elizabeth suffers every moment as a result of Lyme, co-infections, and endometriosis is incomprehensible. The abuse I have witnessed her suffer from others, friends, her church, 'healers', and many in the medical community is unfathomable. Elizabeth's resources are exhausted from years of being misdiagnosed and being administered improper treatments as a result. Elizabeth keeps her faith through it all and remarkably maintains a positive attitude. She is a daughter to me and I love and respect her very much. She has so much to give the world and deserves the chance to be well."

With no one in the daily struggles with Elizabeth but Dr. Cameron, whose busy schedule prevents her from being with Elizabeth as often as she'd like, Elizabeth has had to muster up supernatural strength she does not possess to plow through numerous roadblocks and obstacles, to do ongoing research, sort through emails, make phone calls when she is able to speak audibly enough,

and write letters to doctors, charities, businesses, individuals, churches, organizations, local representatives and the President of the USA to find the help and the resources to get the life-saving medical treatment she has been fighting over half of her life to receive.

Elizabeth knew in high school that there was something physically wrong in her body. In the face of adversity of not being believed or taken seriously by most closest to her or by many in the medical community, she kept persevering to find the answers necessary to uncover the medical cause(s) of her years of suffering, and to seek the treatment that will help save her life and restore her health. Against all odds, and having to search alone the majority of the time, Elizabeth met each challenge on this torturous road with grace and integrity. She continues to endure and meet the challenges of living with diseases (Endometriosis and Lyme) that carry with them an unforgiving stigma and overall lack of due respect and attention regarding the seriousness, and life-taking nature of each.

Elizabeth has a very minimal support system and has even been largely abandoned, rejected and sometimes abused over the years by her church, and even by many in the medical community, including Lyme experts, who have basically given up on her and have refused her medical treatment. Many have told her "it's too late for you...your case is too complicated...your case would require too much time...you have had Lyme too long...you will just die a very slow agonizing death."

"Elizabeth" ...cont'd pg 3

EDITORIAL: LETTER TO PRESIDENT OBAMA

Dear President Obama,

Hi, my name is Elizabeth Chalker, I am 39 years old and writing to you about the Healthcare Reform. I would like to share my story with you in hopes to put an even more human face on the healthcare crisis in America. I am a single woman who was very athletic, outgoing and involved in my community, family, church, career, and friends before becoming debilitated with late stage Lyme disease and endometriosis.

I am three chapters of my dissertation short of a dual PhD in Psychology with areas of focus in Neurology and Forensics. I also have a Masters degree in Psychology with the same areas of focus, and an Addictions Certification which is the accumulation of 6,000 supervised work hours, ten graduated level courses and a State Board exam. I started working in the field of psychology at age 18 and continued until I was 33 when I could no longer work due to the level of debility in my body from Lyme disease.

Throughout my adolescence, I suffered tremendously with severe pelvic pain, chronic headaches, nausea and unexplained fatigue. I sought the help of physicians and health care providers to get to the root of the symptoms from high school through graduate school and beyond. I was unable to complete my dissertation due to level of debility from Lyme disease, and also had to close my private practice. I lost my livelihood. In my career, I worked with families, violent juvenile offenders, and at-risk children and adolescents. My years of practice included working in psychiatric hospitals, schools, prisons, detention centers, homes, community centers, my church, the court system, and private practice. I have many dreams and goals both personally and professionally, which have been largely neutered due to the debility from Lyme disease and endometriosis, yet mainly from not being able to get the medical help I need to treat these diseases properly.

I was diagnosed with endometriosis at age 22, through surgery. Finding appropriate and affordable healthcare has been a major challenge. Much of the healthcare I needed, including surgeries for management of the endometriosis, came out of my pocket. I suffered from symptoms of endometriosis and beyond, for many years with no further diagnosis or help aside from mainly being prescribed pain medications and surgery. I knew something additional to the endometriosis happening in my physical body; however, because I was so young and vibrant, doctors did not take me seriously. I was, however, diagnosed in 1994 with Lyme disease, given a course of antibiotics and told I was cured. I was not cured and my health continued to decline.

I went from doctor to doctor searching for answers to help me regain my health. After years and years of misdiagnoses and being told that 'I look fine' and that there was nothing wrong with me other than the endometriosis, I was finally properly diagnosed in 2005; late-stage Neurological Lyme

disease with many co-infections, and systemic endometriosis that the doctor at the time felt was a part of the Lyme disease. Since that time I have been searching for a doctor who will take me on as a patient and treat me in what they term as a 'very complicated case'. Complicated due to the years of being misdiagnosed while the Lyme and other co-infections wreaked havoc on my body as a whole, affecting all of my organ systems to the point where I am currently in bed most of the time, on prescription pain medication due to the chronic and severe level of physical pain from the diseases, and not able to function in the day to day performing of even the simplest of tasks such as cooking and laundry.

My finances are depleted from years of misdiagnoses and improper treatments. I lost my health insurance and have not been able to get more due to pre-existing conditions.

I was a high functioning individual, motivated, ambitious, well rounded and was a contributing member of society. I had a full life and was well on my way to continuing to make positive contributions both personally and professionally, to society and the world as a whole in the research and career I was participating in working with the juvenile population. My work included helping the youth of our nation to be contributing members of society, helping them to gain insight into their person, their passions, their talents, that they could fulfill all they were purposed to be in this life, etc.

I have not been able to get the necessary medical help I need to save my life and help me regain my health.

Lyme disease has ravaged my body; the health care industry has taken my life by not helping me get the medical help I need to treat the diseases. I have exhausted my financial resources and other supports as a result of years of being misdiagnosed and given improper treatments as a result, from the nine surgeries I have had to undergo for endometriosis; and, as a result of having to consult with specialist after specialist searching desperately for doctors to 'agree' to take me as a patient and help me medically. Presently, here I sit at home day in and out for six years now of not being able to work or have much quality of life at all. My days consist of sitting alone (with my faithful dog Symon) in a dark apartment due to severe light and sound sensitivity from Lyme disease. I cannot get the help I need medically or in the home due to financial restraints/depletion and a lack of education about late stage Lyme disease here in Florida. I was not approved for disability for Lyme disease, I was partially approved for endometriosis. However, I do not have full benefits and the monthly checks I receive do not even cover rent.



Elizabeth Before

I do now, however, have a team of doctors who are willing to take my case and treat me medically. I live in Florida; the team of doctors resides between Reno, NV, and Seattle, WA. The only other option for the kind of medical care that I need is in Switzerland. I have to relocate to Seattle, WA where the daily IV and oral treatments will take place. Because my whole body is now affected by Lyme after going so long without proper treatment (as a result of being misdiagnosed due to a lack of education in the medical profession), I will need to have treatment with different specialists and will have to have at least two surgeries when my body is strong enough to endure them as well. All of the treatment is out of pocket. I do not have insurance, am told I am 'uninsurable' or that I can get insurance but it will not cover the diseases I have been diagnosed with, or that the premiums will be so high they will be unreachable for me. The doctors who treat the diseases I have do not take insurance for the most part either, as a lot of treatments necessary for successfully treating Lyme disease are alternative methods.

I would like to know what your healthcare reform will do to help someone like me.

What can we do in this nation so people will not have to suffer as I am? What I am suffering is a grave injustice. What I am suffering could have been avoided if given the proper diagnoses and treatment in a timely manner. What I am suffering is unnecessary if the resources to get the medical help I need were available to me. I am laying here literally dying a very slow, agonizing death, alone the majority of the time, and without medical help I need that is available, that could save my life and help me regain my health, because I do not have the finances to receive it. Please help.

There are others such as myself I am sure. We are the ones who have fallen through the cracks due to age and stigma of, and lack of appropriate education regarding, Lyme disease. I am a young woman and



Elizabeth After

have been told many times by companies, charities, individuals, and disability, that because I am not a minority, am too young, and do not have children, that there are no further resources for me to help meet my needs. I have been told that if I had a family of my own, if I was older or a child, if I was a minority . . . then resources would be available to me.

How in a nation of equality, is such an injustice permitted?

Please help me save my life, and please help others in similar situations as mine to save their lives. Please make the healthcare reform one that will include benefits for individuals such as me.... Do not allow us to continue to be a population who falls through the cracks and loses our lives and livelihoods because we cannot get the help we need medically for serious, debilitating, and potentially fatal physical diseases. Do not allow my (our) talents, gifts and positive contributions to society to continue be halted and hidden from this world as a result of medical treatments for physical diseases being denied us.

Thank you for your time in reading my letter. I hope and pray with all of my heart that you will consider all I have shared and allow it to sink in with empathic understanding, following with some action taken to help.

I am a very real person who had a very promising future, and still do if I can get the medical help I need to save my life and help me to regain my health. Do not allow my life to continue to have a price that is virtually nothing by allowing me to continue to not be able to get the resources I need to get the medical help necessary to save my life and help me to regain my health. I want to be well more than anything so that I may continue on and complete my course here that I was purposed for, in helping and serving. Please help me to help myself, by making the resources needed available to me and others in a similar situation.

Respectfully Yours,
Elizabeth Lane Chalker

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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821 Sansome Drive
Arlington, TX 76018**

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We have nationwide distribution.

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“Elizabeth” ... cont’d from pg 1



Elizabeth has seldom been met with understanding or even simple human regard or consideration by many of those closest to her, by many in the medical field , or by many in the community. She has been degraded as a human being and repeatedly given the message that her life has no value or worth.

Regardless of her isolation and severely debilitated state, Elizabeth does all she can to help anyone in need, especially other Lyme disease victims, by sending an encouraging text message or email, praying with someone on the phone, sharing information and awareness, and acting as an advocate for those who are unable to speak for themselves. That's why I created this quote to define Elizabeth: "Sometimes the weakest voice can speak the most powerful words and be the loudest one heard." Because of Elizabeth, countless people have found the help they needed, even while she has been denied.

With virtually no treatment for the diseases that have wreaked havoc in her body for over half her life, combined with the immense viral, parasitic and bacterial load in her system, Elizabeth's body is extremely weak and compromised.

The only consistent care Elizabeth has received during this long battle with Lyme disease(s) has taken place over the past two plus years has been with a Naturopathic Doctor on the West Coast of the United States. Elizabeth recognizes Claire Riendeau N.D., N.M.D., whom she names as a very gifted, committed, compassionate, and loyal doctor who has been providing guidance long distance to help Elizabeth. Elizabeth further states, "Dr. Riendeau is relentless in her determination to continually learn in order to help guide her patients with the utmost expertise." Dr. Riendeau continues to be a support and advocate for Elizabeth in this fight to stay alive, and in continuing to seek the medical help she needs to save her life and help her to regain her health. But now the time has come that Elizabeth must receive in-person, advanced treatment to stay

alive.

After more than 20 years of searching for answers, Elizabeth finally has a team of medical doctors and holistic practitioners who are willing to take on her very complex case. She will need to relocate to Washington State to receive the daily medical care.

Elizabeth's treatment will be long in duration and intensive. Before the doctors can even begin to address Elizabeth's genetic inability to detox the toxins and neurotoxins the diseases emit, and before Elizabeth could survive targeted treatment to eradicate the Lyme and co-infections, she will need many months of gentle, yet thorough comprehensive treatment to build up her failing organ systems and to strengthen her frail body.

However, in order for Elizabeth to receive this life-saving treatment which is her only chance of survival, she will need a private plane to transport her from South Florida to Washington State, as well as upwards of \$100,000 per year for treatment. She will also need to find a place to live, as well as a caring individual who can assist her by taking her to her frequent medical appointments and offering help around the house. That person has yet to emerge. And without being able to work for the last 6 years, Elizabeth's finances are exhausted.

For now, Elizabeth is hanging on by a thread. She is in an extremely fragile state, too weak to even talk most of the time. She has zero quality of life. The level of debility and the chronic state of diseases has caused doctors to scratch their heads and wonder how she is still alive. That is, the ones who don't fully realize the strength of her spirit.

Despite her living hell, Elizabeth's faith is unwavering. She says, "What's happening is so much bigger than me, I don't have the strength on my own to continue persevering day in and out in this torture. My relationship with God is what's most important to me and my life is His. I have begged for Him to come get me and take me home to Heaven. He hasn't. I will not take my own life and I will not give up or quit. I want to be

well and out using the gifts and talents God has given me in serving, loving, and living."

Elizabeth gratefully acknowledges, "Without Corey's love, support, understanding, faithfulness, care, commitment, mothering, strength, compassion, friendship, patience, graciousness, expertise, advocacy and loyalty, I would not have survived these past many years." She adds, "Without the generosity of my childhood friend, Andy Whiteside, I would not have had a roof over my head or life-sustaining medical necessities." But now it's time for others to step up to the plate to help this beautiful young woman receive the gift of life.

As is characteristic of Elizabeth, her main purpose in wanting her story told is in the hopes of raising awareness in order to prevent others from having to endure the same hell. As illustrated by the title of this article, *A Forgotten Voice*, one of the many passions in Elizabeth's heart is to close the gap that society has allowed her to fall through because of her age, race, and lack of children, which sadly affords charities, businesses, individuals and the government a "way out" from offering her help. Elizabeth does not want anyone else to experience feeling unimportant or unworthy of such help or to be denied help as a result of belonging to this particular group of society.

"There is something about Elizabeth Chalker you can't quite put your finger on," says supporter Helen Raser, "It doesn't take long to see she is an unselfish, honest, compassionate, caring, loving, brilliant human being that anyone would be blessed to have as a friend. But there is something much more about her that can't be defined. Once you've gotten to know Elizabeth, you are left with an unexplainable sense of something special, something extraordinary ... something Godly. There is an essence that transcends from her very core that once you feel it, it remains with you forever. She inspires you to be a better person, to have more courage and endurance in facing your trials, and to live solely by faith. You are forever transformed in the

most positive way for having known her."

Make no mistake about it; if you don't know Elizabeth yet, you will. That's because once her health is restored, she will not be one to fade into the sunset only to enjoy the time she missed out on during her sick years. God knows there are too many of those. Do not doubt for a minute that Elizabeth will keep her promise to pay it forward, to fight harder than ever for everyone who is too sick to fight for themselves. Just as she was once a fierce advocate and a voice for youth and families, she will once again be relentless in persevering, persisting, enduring and pushing through any and every obstacle to effect positive change in the treatment of Lyme disease and co-infections. Until she draws her last breath, you can rest assured that Elizabeth will never stop learning nor will she cease from educating, supporting, and loving everyone that God puts in her path in an effort to eradicate the suffering caused by this treacherous disease.

When she is not praying for people she loves, Elizabeth's head swims with dreams and aspirations, all of which exude service to others and making the world a little better; her whole being filled with a strong desire to leave a legacy that would demonstrate what true service, faith and compassion are. From deep within her soul, Elizabeth shines with a special sparkle. Elizabeth is like a beautiful angel, lovingly touching so many peoples' lives, all the while trapped within a broken body. She is a visionary who has the drive, the intellect, the internal resources, the work ethic, the integrity, and the heart to bring such dreams to fruition. She needs the health to carry them out.

Elizabeth needs our help now! In order to achieve her goals, she must first get the life-saving treatment she desperately needs, or the sad fact is she will die. We cannot stand by idly waiting for this to happen, for the world would suffer immeasurably with her loss. If we help Elizabeth, we will be helping the countless others she will continue to touch. The

world needs Elizabeth Chalker! She can and will make a difference.

Why help Elizabeth? Dr. Cameron puts it best, "Because we need her light in this dark world."

You might say to yourself "Hey! What about me? I'm sick too and I need the same help. Why should I help this woman?" Well, we all have to help each other and start somewhere, so why not Elizabeth? Hopefully someone somewhere will have a networking connection to help save this woman's life. When I look at Elizabeth, I see myself, or rather what my life would have been like if I never got adequate Lyme treatment. I was lucky, and I fought to survive just like Elizabeth. But surviving is not living, as you know. So many Lyme patients I talk to complain about taking their medicine and other trivial things when they should be grateful that they are ALIVE and have access to treatment. Let's give Elizabeth HER chance to get the access she has been denied for so long. She deserves to LIVE!

Please donate any amount you can to save this beautiful young woman who will give so much to the world. If you are interested in organizing a fundraiser for Elizabeth - have any contacts for a private jet to transport her - or know of a caring individual to assist her in Washington State, please contact us or make a donation at www.helpelizabeth.net. *pha*

www.helpelizabeth.net

There is an option to contribute online via Pay Pal, Credit Cards, or by electronic check.

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The Impact of a Letter



by Jennifer Allton
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Take a moment to think about the last time you sat down to write a letter. Now think about the last time you received a personal message in your mailbox. I'm not talking email though it can be helpful too. It seems to me that the impact of words on a computer screen isn't as grand as the words on a piece of paper.

I remember one of the last letters that I wrote (actually I typed it). I spent three months carefully wording this letter so that the recipient would understand my every word. The reasoning for such careful wording was that I had not seen the intended addressee or even spoken to the person in over a decade. I did not want the former friend of mine to make assumptions by the letter. I needed this letter to be clear, concise and coherent. I have no idea how the person received it because I have yet to hear from him, but what I do know is that I feel so much better from sending it.

Every day I take the walk down the driveway. I open the mailbox only to see a few bills and junk, but I remember the last personal letter I received. These were simple words of encouragement from a friend. It wasn't just any friend, but a friend that also has Lyme Disease. This friend is much sicker than I have ever been and she took the time to hand write a note in a card. This single card made me think of the impact a letter can have.

In this day and time, it is easy to send an email, but few take the time to write a

personal letter. If every single reader of the *Public Health Alert* would take the time to send one letter, can you imagine the impact it would have on the world? I urge you all to take the time to write out your Lyme story and send it to a physician. This may seem like a daunting task to those with Chronic Neurological Lyme Disease, but can you imagine how many physicians we could impact with our stories of Lyme? This single letter could significantly change the way our physicians treat patients that come to them with symptoms of Lyme.

Imagine you are at the lake and you pick up a tiny pebble. You toss this pebble into the water and see the ripple it creates. If one pebble activates that ripple effect, visualize how many ripples it would produce if there were two pebbles thrown. Take that same initiative to throw a few stones by sending your single letter to several doctor's offices. Doctors are not the only ones that matter in this letter impact initiative. It is also important to contact your congressmen and state medical board.

In February of 2009, I began a mission. I spent several days typing up a letter for the 50 Senators of North Carolina. What started off as a five-page letter was finally whittled down to a succinct one-page letter which included my name, my home address, my phone number, my email address and the address to my blog. I wanted the Senators to know that they could contact me at any time regarding Integrative Medicine and Lyme Disease. I sent this letter in a lime-green colored envelope.

I also spent a day in March of 2009 speaking with whomever I could find about the same issues in the Congress building. I spoke mainly with the secretaries, but I knew that if my story touched them

deeply enough that they would share my story with their boss. I saw my letters on several of their desks as they had just begun reading it themselves. I've since received one email and one hand-written letter. It may have only been two that contacted me back from that day, but I do know that I had an impact on at least two. The other 48 were impacted enough that they eventually signed onto a bill that I was there promoting in North Carolina. I have just recently discovered that two Integrative Physicians that would have been unjustly disciplined will receive reasonable

their story. One person makes a difference. One letter makes an impact. Without further ado, here is my letter:

Dear Senators,

I wanted to bring to your attention a matter that is near and dear to my family's heart. There are many Integrative Medical Physicians that are licensed by the state of North Carolina. All of these Physicians attended and graduated from medical school. Integrative Medical Physicians combine modalities of traditional and alternative medicine

in order to achieve healing in their patients. Prior to 2007, I had never heard of Integrative Medicine so the chances are great that you have never heard of these doctors or the controversy that surrounds their practices.

I would like to give a little background on how I came to find out about Integrative Medicine. I discovered a tick behind my ear a few months prior to starting college in 1995. Shortly after starting the semester, I began having some strange symptoms. I began having seizures and strange flu-like symptoms. I began seeing a neurologist about the seizures and eventually medically withdrew from the university. After a week long stay at UNC Hospitals, I was diagnosed with psychosomatic seizures. They suggested that the seizures were caused by the stress of going to college. I initiated therapy to ease my transition to college, but the health issues never did cease.

Fast forward to graduation in 1999, I was still having seizures. It was also increasingly common to have nights of nausea, sweats and flu-like spells. The seizures gradually slowed down and ceased, but the flu symptoms came on with a vengeance. By this time, I was married. My husband convinced me to see his physician. I was tested for a number of things, but in the end all my tests were normal. I was sent home with antidepressants and anti-anxiety pills. In hindsight, I never needed either of those medications. My flu-like symptoms increased daily. I also had dizziness and vertigo. One morning I wound up at the hospital having emergency gallbladder surgery. I thought my troubles were over. Unfortunately, I had some complications from the surgery and was bitten by another tick. I was treated briefly for Lyme Disease by an Urgent Care Physician.

I will spare you the intricate details of my health, but I saw a neurologist and rheumatologist to rule out brain cancer, MS, rheumatoid arthritis, lupus and many debilitating illnesses. I was given medicine to treat the symptoms, but they made me feel even worse. All tests were normal leaving the doctors to say the same thing: they couldn't find one thing wrong. It wasn't until I was advised to seek help from an Integrative Medical Physician that I began to feel hope. He listened to me for over an hour. He performed tests and treated based on the clinical symptoms of Lyme Disease. In the past two years, he has brought me further using a combination of traditional and alternative medicine than any physician combined brought me in twelve years.

I am telling you all of this because I am asking for your help. I want others to have access to these physicians without them fearing for their medical license every day. I want to have a choice when it comes to my own medical treatment. Please consider helping Integrative Medical Physicians to have a voice in North Carolina without retribution.

Sincerely,

Jennifer Allton

pha

It wasn't until I was advised to seek help from an Integrative Medical Physician that I began to feel hope. He listened to me for over an hour. He performed tests and treated based on the clinical symptoms of Lyme Disease. In the past two years, he has brought me further using a combination of traditional and alternative medicine than any physician combined brought me in twelve years.

treatment by the North Carolina Medical Board.

I plan to write another letter to physicians in May, but I wanted to share a snippet of my letter sent to the Senators. While originally intended to help Integrative Medical Physicians, I can easily rework this letter for other purposes which include educating doctors on Lyme Disease. I hope that my letter will inspire you to tell your story to your Primary Care Physicians and to your congressmen. Throw that pebble and make an impact for future Lyme patients. Their journey depends on us. We have a responsibility to help those that are just beginning

strange symptoms. I began having seizures and strange flu-like symptoms. I began seeing a neurologist about the seizures and eventually medically withdrew from the university. After a week long stay at UNC Hospitals, I was diagnosed with psychosomatic seizures. They suggested that the seizures were caused by the stress of going to college. I initiated therapy to ease my transition to college, but the health issues never did cease.

Fast forward to graduation in 1999, I was still having seizures. It was also increasingly common to have nights of nausea, sweats and flu-like spells. The seizures gradually



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The Poison Plum is a gripping, chilling novel exposing the rampaging epidemic of Lyme disease now sweeping across America and the disease's connection, if any, to the government's top-secret biological research laboratory at Plum Island, New York.

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God Makes All Things Beautiful in its Time...

That You May Understand



by Elizabeth L. Chalker

This is the way Lyme and other tick-borne diseases are. One can be up and about, nevertheless, others cannot see what one is experiencing in his or her body on the inside, as the diseases do not show on the outside. The neurological disease does not show how much pain, agony...we, those of us suffering from late-stage Lyme and other tick borne diseases, are in, on the outside.

We just continue on and surrender the attempt to explain. We put smiles on our faces and communicate with everyone around us and appear 'normal', appear ok, appear not nearly as sick as we really are, and yet, simultaneously, we are in such excruciating pain in our bodies that there are not words to describe the levels. We struggle beyond belief to comprehend a conversation and do not soak in the content until hours or days later, even though we appear to be tracking what is being said in the midst of conversations ... and when we finally get it, we don't fully comprehend and are left often with confusion.

We may stand, sit, lay there and look another in the eye, all with a smile, while inside, we are hoping we do not pass out cold, hoping we do not start twitching so much that this symptom profoundly shows, hoping we do not fall over, as the feeling of being on a boat suddenly gets to the point where the seas have become very rough, as our brains are overstimulated just from interacting and our gaits are unsteady on a continuum.

We feel our knees buckle beneath us, if we are able to stand at all, yet we hold on. We hold on to whatever is near, we lean on a wall, grip tightly to a

counter or anything to provide stability, and we hope to hold ourselves up; in a standing position, in a sitting position, whatever the case may be. We forget to breathe in the midst of all of this; our brains and organ systems and body as a whole cannot process the things that physically healthy individuals take for granted. So while working on understanding a conversation, while attempting to hold ourselves up, while doing our best to deal with the unspeakable pain throughout our whole being, and with each cell literally pulsating, we forget to breathe. Our hearts start palpitating and fluttering and the chest pain reminds us that we are not getting enough oxygen and that our bodies are in a place where the stimulus is too much. We have a choice at that moment, to totally shut down and fall down and pass out, or to do our best to get a breath in and hope and pray that we do not pass out, or have a seizure, or start twitching uncontrollably where others can blatantly see.

Patches of extreme heat and extreme cold flood different parts of our bodies without any warning. Intense pain on top of the overall pain quicker than instantly shows up at any given moment in our bodies, at any given place, and moves without warning. We can do our best not to panic or cry or be frozen with fear, and do our best to roll with whatever is happening at any given moment, talk ourselves through, and not complain.

The twitching so deep within our organs, muscles, and tendons is continual, like someone constantly snapping rubber bands deep within our bodies, and at times is like someone taking a hot or freezing cold ice pick and stabbing us from the inside out, through-

out our bodies, within our bones, repeatedly. Our brains swell and we feel the pulsating with every word uttered to us and every word we attempt to speak. We struggle to verbalize what we are thinking. We struggle to find the correct words to match what we are attempting to speak. We struggle to pronounce what we are attempting to say. The pressure mounts for us and we again do our best to breathe, to smile, to hold ourselves up.

intensifies. At the drop of a heavy weight, an area of our bodies will become numb yet be more painful than words can describe. This too we have no control over, but to roll with it as such occurs, and to do our best, again, to remember to breathe in the midst of fear from such unpredictability of what is happening in our bodies at any given moment in time, depending on where the bugs are, depending on which co-infection is more awake and active at any given time. Depending on how our livers are functioning, how much hydration we have, how thick our blood is... at any given moment.

We pat the numb areas not knowing when or if the feeling will return, or on what level and not knowing what area or areas of the body will be numb next, or when. Our bodies are tight in spasms and the stress and strain of the battle to win the war against these diseases, these bugs, these bio-weapons, this utter evil straight from the pit of hell, ensues.

The unceasing nausea that only changes in levels of intensity becomes tremendous, as we attempt to converse/interact with you and we find ourselves quietly hoping, praying, and pleading within our bodies to NOT vomit at that very moment. As we stand, sit, lay before you, we scan the room for the nearest restroom "just in case" if one is not near, we search for the closest outside door, 'just in case' and so we do not puke on your shoes!

As we attempt to be 'normal' and converse with you, the room goes mostly black and we stand there, sit there, lay there and fluctuations between the black and other colors that one experiences just before passing out occurs for us while we do our best to remain

conscious in the fight, and engaged in the interaction with you. The profound fatigue we experience does not give way to sleep. For to sleep is to our bodies a death sentence of sorts, the war rages unceasingly. To sleep is to put down the weapons in this war and die so our bodies do not allow for such, for we were made to live we therefore continue the battle.

When we do pass out from utter exhaustion that the human language cannot describe, the bugs wage a higher war and we wake in more pain, gasping for air, or with intense nausea because when we sleep, we do die a death of sorts as the diseases get to take over more than when we are awake. So our sleep is a feared foe for our bodies for we know when we wake, we will have to fight harder to even get back to the misery we felt before the absence that the sleep provides our immediate consciousness.

We have to fight physically, emotionally, mentally, and spiritually unceasingly and especially after awaking from 'sleep'. The restoration and refreshing sleep is meant to provide distant acquaintance to us, with Lyme, etc, for we know not this experience not even in our imaginations any more. That is, if we are 'fortunate' enough to wake at all.


Lyme disease and tick-borne infections are so unnecessary and beyond unfortunate and totally preventable. Should we someday live in a world where illness is not for secondary financial gain for the ones who are supposed to keep us safe and help us to heal, in this the most powerful nation in the world the "one Nation under God" founded on Christian principles.

The loneliness of Lyme sufferers is a parallel to what one would imagine experiencing in solitary confinement with no one to talk with, no one to help, no one to bring food or water, no one to bring an ice or heat pack, no one's hand to hold at the utter terror moments of certain symptoms we face/experience with Lyme and other tick-borne diseases.

We stand, sit, lay before you and recall the moments where we cannot breathe, *"Understand" ...cont'd pg 10*

So when you see us, whether in a bed, in a dark home, a wheel chair, in a store, hiking on a mountain top, in a classroom or a doctors office, on capitol hill, at a conference, out to dinner with friends or on our computers in a coffee store, being moms, dads, sisters, brothers, aunts, grandmothers, uncles, grandfathers, doctors, counselors, friends, lone soldiers, please know this is the tip of the iceberg of the happenings within our bodies on a whole. Please be merciful and patient with us. Please know we did not choose this plight. We do not want this life, and though our smiles may say different, there is nothing about this journey in such suffering that we even remotely enjoy.

The fire inside our brains from the toxins, the swelling, the fight, is a burning parallel to what we can imagine the fire of hell to feel like. The migraine/headache that we have had for, well, we have lost count of how many years now,




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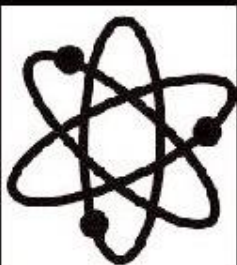
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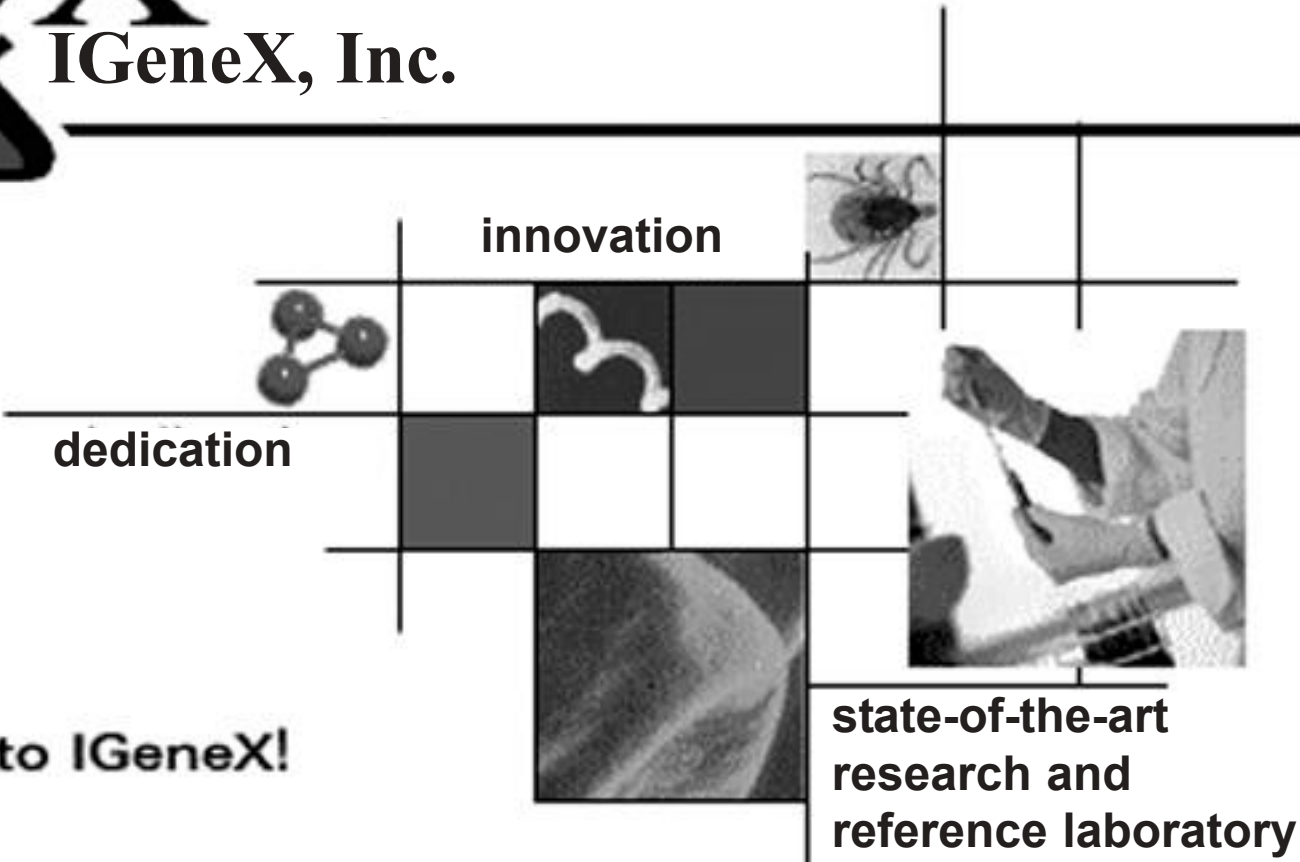
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The Pillaging Of Personalities: Our Lost Kids Are Being Hijacked By Spirochetes

by Dr. Virginia T. Sherr

Opening the door of my office one day in May 2001, I stepped back in surprise. The teenager standing there wore a brilliant orange, neck-to-foot jumpsuit. There were shackles with chains between her wrists and she was hobbled by more chains between her ankles. Surrounding her were two rather determined-looking women, looking at me doubtfully. I had known that 17-year-old Vicki was coming from a juvenile detention unit, but I hadn't expected matrons, manacles and chains.

Vicki was brought to see me for a psychiatric opinion as to possible causes of behavior that led to her arrest and of her episodic rages. Apparently, in the prison, she was noted for being pleasant and compliant one moment, but suddenly, especially perhaps when there was a clang or scraping noise, flying into bizarre rages, wherein she had to be physically subdued and taken back to her cell by force. The matrons were decisive but generally friendly to her, she said.

Vicki's history, from her mother and herself, was of great interest. At age 7, she had a number of bull's eye rashes that were misdiagnosed as "ringworm." She suddenly became drastically ill and fell comatose. "Paralyzed all over," she was hospitalized. The specialist astutely diagnosed her as having Lyme encephalitis. Unfortunately, this serious condition was treated with only a 10-day course of IV antibiotics. She awoke from the coma looking good as new, and went home to a relieved family. Vicki herself could only recall "having trouble walking while in the hospital." Her mother reminisced that Vicki seemed different somehow after that, although she had never thought of a connection between these things before. Certainly, the child had undergone a personality change. Vicki had been agreeable as a young girl, but she gradually became antagonistic and had a loss of interest in grade school subjects. By age 11 she was downright oppositional. She used increas-

ingly poor judgement and had inadequate control over her emotions. Schools classified her as "Emotionally detached/Learning disabled." At about this time, Vicki's parents divorced, and her mother assumed that the coincidental turmoil accounted for her daughter's escalating personality change and worsening school performance. Vicki's mother said, "The change in her personality was such that I thought of finding an exorcist." Then came Vicki's defiant, delinquent behavior and brushes with the law. She pushed that aside entirely with the notion that her trouble only related to her friends' bad influence on her and their setting her up to take their raps.

Vicki's antibody blood tests came back with 5 positive Western Blot bands diagnostic for chronic Lyme disease. We were able to enlist the help of other skilled Lyme-literate professionals to evaluate her further. They prescribed doxycycline and gabapentin for her persistent Lyme disease and its behavioral and cognitive consequences. At her court hearing in December 2001, their written testimony was offered regarding facts of her general and cerebral spirochete bacterial infection. A successful plea was entered on behalf of her release on electronic probation from what amounted to jail.

No one noticed much change in Vicki when she was on the doxycycline, she and her mother said. However, upon my phone follow-up questioning in January 2002, Vicki described herself as having a "different state of mind - I'm calmer than I used to be. I can handle myself. I am not so tired all the time, and I am happier." Taking modafinil and gabapentin as prescribed, she also appeared to be more and more psychologically stable. In addition, she is not as physically symptomatic as she was before she took the recent oral doxycycline. The chronic Lyme disease symptoms that, while she was in jail, felt to her just like her own personal peculiarities - chills, sweats, fatigue, multiple joint pains, headaches, rashes, difficulty thinking and concentrat-

ing, and trouble reading - all began to fade. Due to her mother's wise persistence, Vicki is undergoing medical evaluation for further antibiotic treatment. However, it is hard for Vicki to conceptualize that a brain infection might have been behind her serious troubles with the law - "I was just immature," she says, "Now I want to get an education - I want my life back."

Vicki is at home under house arrest now, wearing an electronic "bracelet" (monitor). She hasn't experienced life in the crucible of the outside world since she was treated with the recent antibiotics. The greatest challenge she faces is the general one facing Chad, an 18-year-old youth whom she has never met, but whose saga is so similar to hers that they seemed to have been cloned.

Chad was described by his mother as being "the most agreeable child I have ever known. Good humored, intelligent, he was a big favorite of all who knew him as a little boy." Bitten by a deer tick at age 13 with resultant bull's eye rash, he was treated, as per medical convention then, for 30 days of only twice daily oral doxycycline. He too, underwent a personality change and gradually became defiant, delinquent and seriously depressed. He demonstrated extremely poor judgement. His mother often said that due to the extreme change in his personality, it seemed as if he were "possessed." Chad turned to drugs and alcohol in part for pleasure, but also because they quelled a strange inner restlessness which kept him urgent - pacing and racing. Because of his poor judgement, Chad had totaled several cars when he came of age to drive. His anxious parents sent him to private military and juvenile training centers that he now thinks were of little help.

I first learned of Chad's situation when his mother asked if I would agree to see him. He had spent some time in jail with 5 charges pending against him, was due to see the judge in the morning, and she hoped it would help if a future psychiatric evaluation could be

arranged. Apparently, a wary judge reluctantly approved Chad's transfer to house arrest.

At first it was touch and go at home - Chad's rages continued - in part because he still felt driven and restless. He craved release from house confinement. During the day, he continuously paced and at night he had dreams of alcohol and drugs - he was desperate for anything that would provide surcease from his near-explosive agitation and wish to be rid of his ankle monitor. Only the fear of the greater confinement of a return to jail helped to keep him in the house and then barely so. He managed my prescriptions irresponsibly (At that time, his medications included risperidone, benztropine mesylate and an occasional alprazolam when he experienced panic attacks.), necessitating that his mother administer even the mildest medications. Testing was positive both for the presence of DNA of the causative spirochetes and the presence of his antibodies to them. There were 6 positive bands on his Western Blot blood test for chronic Lyme disease. His SPECT scan showed diffuse hypoperfusion (lowered blood supply compatible with Lyme disease) of his brain.

Currently, Chad is more responsible with his medications. They now consist in part of gabapentin, mirtazapine and olanzapine. The risperidone is being phased out. He says that he could feel the clarithromycin antibiotic working to help him the day he started it. He is calmer now, but like Vicki, he is not yet ready to be fully tested in our complex world. And, like Vicki, Chad is reluctant to believe that his floridly positive tests for chronic Lyme disease and his clinical diagnosis of neuroborreliosis could have anything to do with his behavior. Teens are no exception to the fact that people like to believe they are fully in charge of themselves, even if they are making major mistakes. Seeming to cop out with the excuse of having a chronic brain infection appeared totally unacceptable to him.

Both of these young people have lost any idea of

what they really are like, what they are capable of, or who they could be. They do not remember and have lost track of the person they started out to be. Their childhoods were distorted by ticks laden with spirochetes, long-lasting agents that are toxic to personality maturation. Each had dramatic personality changes over which they had no control and which were explained away as coincidental to some current event unrelated to the tick bite. Each mother had the feeling that her child must have been "possessed," although they did not really believe in that possibility. In truth, these two young people were possessed - they were taken over by an unrecognized, nervous system infection that pillaged their normal development.

The challenge now for each young person is to undertake the missed steps of lost maturation, recover a healthy sense of self and to use it to adapt to the real adult world in ways that work for them and for society. This may prove to be a Herculean task. It is an ongoing experiment as to whether Vicki and Chad can surmount the loss of 5-10 formative years and, in Chad's case, the coincident abuse of the street drugs and alcohol that falsely promised relief from the symptoms of tick-borne disease.

Gradually, these two young people are beginning to understand the importance of dealing with the minute terrorists that hijacked their childhoods. Their own government once destroyed perpetrators of piracy on the high seas and lately it has not been reluctant to seek out and destroy human terrorists. One wonders when the same aggressive attention will be given by our government to tick and spirochetal plunderers of this generation of America's pirated children. Make no mistake - it then could be possible that the need for aggressive attention to the lost children themselves would become unnecessary.

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[Previously printed in *The Lyme Times*]



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“Understand” ...cont’d from pg 5

where we are gasping for air or cannot get a full breath, not being able to swallow, not knowing how long such will last or if we will 'make it through' the episode alive 'this time.' We stopped going to the ER for help long ago because hearing one more time that "...Lyme doesn't do that...there's no such thing as late-stage Lyme... you are psychosomatic...there's nothing we can do for you...your CBC is normal, there's nothing wrong with you...you are an idiot..." is not something we need face or have to pay money out of our pockets to experience, especially when the majority of ER visits do not help us with the symptoms of these diseases.

With this, a lot of the time our presence is ignored as the doctors and other staff in the ER commonly talk right past us to whomever is with us, as if we do not exist. So again, we have learned to 'quietly' ride out the acute storms in the midst of the chronic disease state our bodies are enduring; most of the time, alone sometimes, even with another by our side.

Our clothes hurt our skin at times and we stand, sit, lay, before you, anticipating the moment we can discard them to alleviate the physical pain that our clothes touching our skin can cause. We sit with you, stand with you, lay in front of you or next to you...and though all of this described herein is our experience, unceasingly, in whole or in part we so value the connecting with you, the interaction, the semblance of life even if for but a moment.

For when we leave each other’s presence and go back to our dark rooms with sunglasses on, and no TV or radio for distraction, or 'company' because the stimulation of interacting wore us out and overstimulated our brains and bodies on a whole, we are then unable to take anything at all in; light, sound, visual stimulations, we sit, lay, stand, completely alone with deafening silence and loneliness while outside of the four walls that have become, for the majority, our whole and very small world, life...ah life, that we cannot even imagine anymore.

So when you see us, whether in a bed, in a dark home, a wheel chair, in a store, hiking on a mountain top, in a classroom or a doctors office, on capitol hill, at a conference, out to dinner with friends or on our computers in a coffee store, being moms, dads, sisters, brothers, aunts, grandmothers, uncles, grandfathers, doctors, counselors, friends, lone sol-

diers, please know this is the tip of the iceberg of the happenings within our bodies on a whole. Please be merciful and patient with us. Please know we did not choose this plight. We do not want this life, and though our smiles may say different, there is nothing about this journey in such suffering that we even remotely enjoy.

And when you see or hear us having a 'good' day, hour, couple of days, couple of hours, it is but a moment, for what follows is a hell to pay that your worst nightmare could never fathom or parallel. For the moments when we have a laugh, get to interact with you in person or on the phone, write or respond to email or text messages, the physical pain of such is worse than the pain you may experience after a long and hard workout, after a long hard day's work while having a bad cold.

How do we know you could not possibly understand?

How do we know the pain, your pain just described and how it vastly differs from the pain we now live? We know because for a lot of us were not always this ill. We had a time where some semblance of 'normalcy' looked back at us in the mirror and was experienced within our beings where the 'common' pains as a result of a restless nights sleep, an overextended workout or hard day’s work in the yard or the office or of holiday gatherings and occasional injuries, all things that are a part of life. Those things were a part of our lives until Lyme disease took over and started dictating the happenings in our bodies. We fight so hard and tirelessly to overcome and allow our bodies to prevail in healing ourselves as we were designed to live. Because of the nature of the diseases, some believing them to be bio-weapons; and the majority without means; financial, physical and/or emotional support, understanding, among other resources, a lot of us cannot get the things (treatment, etc.) that we need to help our bodies to heal.

So we march on here too as we do in all other areas of this life, finding something everyday to help us remain optimistic, searching for avenues beyond the impossibilities to help others. Whether through encouragement, prayers, or other means, we continue on with Lyme disease and co-infections and we turn to our God for solace and we trust by sheer choice to believe in His love for us as evidence is



much of the time not present for us to see, we 'walk' on, in faith and continue to hope and at the darkest times, to hope even for hope.

We are warriors in this battle, this life and we, though not seen or believed by most, carry within us a deep capacity to love, relate, understand, discern, empathize, serve, and share wisdom more than most, as our long suffering has, if we so choose, afforded us the opportunity to know Him more intimately and to Love genuinely, as He does and purposes us to do.

So when you see us and we appear ok, when you see us and judge that we are nothing or are just being emotional with no real physical disease, or that the diseases we have; late-stage Lyme disease and other tick-borne diseases, are not real, serious, and grave diseases, realize the wealth of genuineness that we are and the grand jewels you are writing off and discarding as 'less than,' as 'not worth anything' as 'unimportant and insignificant' and without a valued or legitimate voice, and visit the memorials of those who have died from these diseases, as there are many; visit the advocacy sites for these diseases and the articles in scientific journals, peer reviewed journals, about these diseases. Imagine your life being taken by physical diseases that you

cannot control or do not have the means to get proper treatment for. Imagine if just for a moment, losing your family, your friends, your career, your home, and your finances, all as a result of a physical disease. Then dig deep and do your best to discern what it would take for you to endure such, to persevere through such, against all odds. Finally, realize the courage, patience, faith, compassion, tenacity, humility, inner strength, fortitude, and tenderness we have.

To further help with understanding on a much lesser scale, recall the hidden things of your world, your body, your life, that you experience and feel, which no one else can see, things that are not seen on the outside as such. Does that mean they are any less real or important, significant or meaningful to your being or life on a whole?

The devastation of our whole lives, you do not see for you are with us but a brief moment, yet long enough in your mind to make a definitive judgment regarding who we are, what kind of person (people) we are, how we feel, and what's real/true and what's not or can't be possibly be true, and I would venture to say that what each individual decides about us and the diseases we have is mainly based upon what he/she can handle as truth

rather than truth itself.

Before you decisively judge us, think long and hard, with your heart, and perhaps see with the eyes of your soul rather than those placed on your face. Perhaps instead of making a judgment, attempt/decide to relate with us and seek to understand. It might turn into the best relationship you ever had or could imagine.

Think about life and the process of living. We will all, at some point, need understanding, a hand to hold, support, and help.

Look beyond what your eyes tell you they see. Listen to what we share. Believe us, pray for us, support us, care, love us, be patient with us, encourage and affirm us, hold our hands, hug our necks, sit face to face with us and have a relationship with us, make eye contact with us, be with us, give to us and receive from us, and who knows, one day we may all truly take the opportunities we have to be genuinely one in the Love of the Most High.

Should you find yourself not getting this...until you get it, we will be here for you, too.

Thank you for listening. May God bless and heal us all.

Elizabeth L. Chalker ©



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Due to the efficacy and the science behind the products, these are my favorites - Joseph J. Burrascano Jr. M.D.



Immune System Front Line Support

Most of our patients' immune systems are very weak. In order to provide the nutritional support for a healthy immune system, I recommend **Transfer Factor Multi-Immune™**. These folks have put a lot of thought into developing a product which promotes healthy natural killer cell function. The combination of transfer factor and the herbal and nutritional base make this an extremely effective product.



Mitochondrial Support

One of the most common complaints among our patients is lack of energy. I became intrigued with **NT Factor Energy™** during a medical conference presentation which showed a 40% reduction in fatigue in eight weeks(1). When I tested my patients on this product, they reported a noticeable improvement in energy. The product's success is due to its ability to deliver a stabilized and absorbable phospholipid complex to promote healthy mitochondrial membrane potential.



Probiotic Support

Prescript-Assist Pro™ is clearly a step above what has been generally available, and I highly recommend it. If you do not have enough good gut flora then you may not only develop GI upset and bad flora overgrowth, but you may also develop food allergies and other ugly stuff. There is nothing more important than a good probiotic. This product was developed to assist you if you are taking antibiotics.



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(1) Journal of the American Nutraceutical Association 2003; 6(1); 23-28.

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