Waking Up the Nation,
One Reader at a Time...

This is How I Save My Life

by Amy Scher

After years of suffer-
ing, I took a leap of faith that
could either cure me or cost
me my life. I didn’t expect any-thing in between, but I had
to take my chances. I was
in pain 24-hours a day
with Chronic Lyme Disease.

My white blood cell counts
were so low I was unable to
move my lips to speak at
all. My head and upper torso
damaged to muscles, nerves
and tissue.

My white blood cell counts
were so low I was unable to
leave the house by my
immunologist’s insistence.

Weakened immune system
deprived of rest and repair
ability to repair damage to
stem cells have shown the
promise of stem cell treat-
ments and Ribbons Across
the world feel they
had its watchful eyes on me.

A rising sensation works its
way up my spine as the sec-
ond operating-theater techs
are by my side. Dr. Ashish
tells me he is pushing the
first string of stem cells in.
I can’t see his hand, but his
arm is steady like an iron
console myself. I know noth-
ing is wrong but the feeling
comes in with scrubs and a
new man. Huge round
lights that hang from the
ceiling are glowing on my
body. A heater blows
warmth in my face. 3
Dieu— is he pushing the first
string of stem cells in?
I can’t see his hand, but his
arm is steady like an iron

For more info please visit:

"This story kind of reminds
me of Eat Pray Love. It is a
journey of healing, love, and
life." - Crossroads Review

"Save My Life"...cont’d on pg 4

Public Health Alert

Vol. 8, Issue 4
In Investigating Lyme Disease & Chronic Illnesses in the USA
April 2013

Over 20 countries & several states all to protest on May 10th & 11th, 2013

Lyme disease even after Attorney General Blumenthal’s inves-
tigation found them biased and the guidelines flawed.

Lyme patients are
asking that the healthcare
community be better educat-
ed in order to effectively
diagnose and treat patients
with Chronic Lyme Disease.

Patients are stating that
independent funding for
medical research lead to the
ravages of Lyme disease in the
nations.

Join us as there will be protests, rallies, letter
writing campaigns, a phone
calling campaign, live peti-
tions and Ribbons Across
America. Join the fight!
For more info please visit:

http://worldwidelyme
diseasesprotestus.blogspot.com/
Naturopathic Hydrotherapy Wellness and Nutrition Challenge Series

The purpose of the Wellness and Nutrition Challenge Series is to provide practical advice to improve general health that can be applied by individuals and families alike.

The treatment of chronic disease can be very complex. Sometimes it is refreshing to get back to the basics of health. There are many simple things we can do to improve the ability of our body to fight infection and heal. In this installment I will explore the therapeutic use of water known as “hydrotherapy.”

Hydrotherapy is the use of water to stimulate blood flow and circulation. Water can cause pooling of blood in your lower body. Water can also be used to “push” blood from one area to another. Some people can use an ice pack (always have a cloth over your skin.) Other people find it easier to use a warm/hot pack for 4 minutes and then rolling in the snow! The beauty of water is that it is a simple yet powerful healing technique that can be used at home by the whole family. They can also be quite fun and relaxing.

Enjoy!

About the Author:
Dr. Bert Mathieson, ND, RD, CD, CDE is a naturopathic doctor, registered dietitian, certified diabetes educator and has a certification in nutritional acupuncture. Bert sees patients of all ages including children. He is a general family practitioner who sees patients with a wide range of conditions. Some common disorders that Dr. Mathieson treats include: allergies, asthma, infections, chronic fatigue, fibromyalgia, arthritis, hemorrhoids, irritable bowel syndrome, heartburn, Crohn’s Disease, food allergies, back pain, autoimmune disorders, high blood pressure, diabetes, high cholesterol levels, migraines, seizures, psychosis, premenstrual syndrome, hormonal imbalances, Lyme disease, chronic fatigue syndromes and cardiovascular disease.

Contrast hydrotherapy is a simple yet powerful healing technique that can be used at home by the whole family. It is thought to be sufficient. But the child is far less likely to receive proper diagnosis and treatment from a knowledgeable doctor.

Q: Which one has Lyme Disease?
A: They both do!

Public Health Alert
The PHA is a free monthly publication. We invite you to send us your questions and concerns, participate in discussions and space from the PHA. Through our PHA seeks to bring information forces with local and nationwide United States. We have joined our efforts with local and nationwide support group leaders. These groups include: Multiple Sclerosis, Lou Gehrig’s Disease (ALS), Autism, Fatigua, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origin. The PHA seeks to bring education and awareness about these illnesses to the public at large. We want to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

PHA Staff
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Public Health Alert 295 Belle Street Bedford, TX 76022

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MEDICAL PERSPECTIVES

Elizabeth's Chalker's Book Is Now Available!

Elizabeth has written a powerful, God-inspired book that will encourage and help strengthen anyone who reads it. If you are in the midst of suffering, or struggling through intense hardships, then this book will provide solace and hope to pull you out of the darkness and into the light! Elizabeth is still courageously fighting for her life and to get the resources necessary to receive life-saving medical treatment.

Offer exclusive to PHA readers:

For those who make a contribution of $35.00 or more to help Elizabeth, you can request a personalized, signed copy of her book (shipping included within the US, add $5 if international).

To contribute online go to www.helpelizabeth.net/Bookpage.html

Click on the 'Contribute' button and in the note section, share with Elizabeth who you would like for her to make out the personalized note to and we will get a signed copy of her book to you promptly!

Thank you for your help, your support, and your prayers. We pray that Elizabeth’s book will help you in your journey.
Preconception Planning For Couples
Living with Chronic Disease

by Roy Dittmann, OMD, MH

Brighton Baby - The Complete Guide to Preconception & Conception

Brighton Baby book one is a roadmap to a healthy, radiant babies. This roadmap contains several fundamental principles to reproductive and total body health. A sampling of these key principles are included here:

Probiotics vs. Antibiotics

The probiotics that inhabit your body are tiny chemical factories that com-

pete with and therefore help to control pathogenic microorganisms. When you were born, you swallowed your first dose of probiotics as you passed through the birth canal. This seeded your gut. In turn, the breast milk you drank fed these probiotics, helping them to reproduce. Once they reached critical mass, your immune system became strong enough to begin to resist disease.

The optimal ratio of probiotics-to-pathogenic microbes is approximately 85%-15%. This is referred to as your “probiotic ratio”. Our modern diet has reversed this ratio, which has trig-
ergred an inflammatory cas-

cades within our bodies.

Probiotics are responsi-

ble for manufacturing many different vitamins, enzymes, and neurotransmitters and hor-

mone precursors. They also secrete fungicides, antibi-

otics, and mold-killing enzymes. When you are trying to main-

tain a healthy probiotic ratio. And the probiotics in your body can contain different species to our immune system and our cells - genes that help your body to make millions of different types of proteins.

Unhealthy Fats

Antibacterial soaps, antibiotics, vaccines that contain antibiotics, antibi-

acterial douches, artificial sweeteners, and even GMO foods kill off these life-saving probiotic species, leaving us vulnerable to opportunistic infections.

Replacing your probiotics is both a numbers and a species game. Your body has an estimated 140 trillion probiotics living in it at any one time. Commercial probiotic products contain between 100 million and ten billion cfus per serving, or up to 10,000 billion total microbial population. This is simply not enough to reset your probiotic ratio (85%-15%). For this reason, I recommend that couples make their own yogurt using a quality yogurt starter, such as the ones sold by BodyEcology.com and Progurt.com. See Brighton Baby book one for more on how to make your own yogurt.

Our Internal Ocean

“The only healthy cellular life could lease the ocean’s sun to take the ocean with it.”

-Rene Quinton (1866-1935)

If you pour seawater into a bowl and insert two electrodes randomly any-

where in the water, the sea-

water will conduct electricity to light a light bulb. Similarly, your “inter-

nal sea” (your blood, lymph, and other fluids) has the ability to transmit electrical “information” (messages) between cells.

Both seawater and blood have inherent homeostatic mechanisms in place to maintain a constant pH. When chronic acidification occurs in our blood, the body robs calcium, magnesium and other minerals from our bones and tissues in order to stabilize the pH of our blood.

In the early 1990s, French explorer, Rene Quinton, discovered that the viscous seawater he collected in the open ocean within these vast vortex plankton blooms (“Original Quinton marine plasma”) could be used as a blood plasma replacement. He set up 69 free dispensaries throughout Europe and successfully helped hundreds of thou-
sands overcome cholecystitis, dysentery, the 1988 flu epi-
demic, and countless other conditions.

To demonstrate the elegant simplicity of Original Marine plasma, the late Dr. Rene Quinton built his lega-
cy taking on impossible repair cases. Under the direction of Dr. Jean Jarricot, women would come to Jarricot’s free clinic with a history of multiple failed pregnancies or a histo-

ry of severe birth defects, including under-developed infants that died in early childhood (called “athrepsia” or “failure to thrive”).

Dr. Jarricot would give marine plasma to these women before and during their next pregnancy. In almost every documented case, the next child would be born healthy. He carefully documented hundreds of these pregnancy cases, fol-

lowing the children some-
times into early adulthood.

Original Quinton seems to correct the way in which our genes are being expressed at a fundamental level. It forms a new epigenetic environment within the womb. After all, every-

thing you are in nature - including the complex intel-

ligence stored in your genes - is inherited from your mother

in a highly intelligent organized bun-
dle of elements from the Periodic Table.

It is increasingly rec-

ognized that generic tran-

scription depends on the presence of trace ele-

ments. Marine plasma con-

tains not only the naturally occurring elements on the Periodic Table at a ratio that mirrors that of human blood - giving your future baby control over its own perfect evolution within the womb. Nourishing our inter-

nal ocean or our internal epigenetic fluid (blood, lymph, semen, breast milk, and mucous secretions) is critical to having an extraordi-

nary baby. Saturating our internal fluids with the right balance of sodium bicarbo-

nate (the alkalinizing form of sodium which forms when our bodies have the right acid-alkaline balance), iso-
tonic salts, and other trace

minerals is fundamental to helping the body to elimi-

nate toxins, including heavy metals.

Health Fats vs. Unhealthy Fats

Giving yourself an oil change

Before you conceive, I recommend giving yourself an oil change - replacing the rancid, oxidized fats stored in your body with healthy fatty acids. Here’s why:

Healthy fats and oils maintain cell membrane function, help to regulate blood clotting, culture probi-

otics in the mucous mem-

branes and gut of your body, and keep your immune sys-

tem working, and in the case of men...make healthy sperm. And just like a car needs oil to lubricate its engine parts, healthy oils are used by your body to keep your engine, organ, and cell parts running. Without a healthy lipid bilayer around your cells, your cells lose the ability to stay hydrated. In addi-

tion, oils are critical for pro-

ducing hormones and absorbing and producing fat soluble vitamins such as vitamin D.

Breaking apart the fat myths

A saturated fat is not necessarily bad because it is a solid any more than an oil is necessarily good just because it is a liquid. Some saturated fats protect unsat-

urated oils from damage in your body. And some polyunsaturated oils are less healthy than monounsatu-

rated oils such as olive oil.

Omega 3 and 6

Omega 3 and 6 fatty acids are both critical to your health. Your body needs about three times more omega 6 fatty acids than omega 3. This is known as the omega 3-6 ratio and “Brighton Baby”..."pg 5

www.Lyme-DiseaseTreatment.com
Instead, transition to grass-fed or pasture-raised dairy, eggs, chicken, and beef. How Lyme Disease Attacks the Next Two Generations

Let’s look at what semen is comprised from. Sperm is a blend of amorphous and spiculated fluid. The sperm itself depends on the presence of tocopherols (vitamin E), glutathione, and superoxide dismutase (SOD) to protect the sperm from oxidative damage. This makes sense, especially when you consider that sperm is largely comprised of fatty acids which are vulnerable to oxidation. The most dominant fatty acid found in sperm is the mammalian form of the omega 3 fatty acid, DHA.

In addition, sperm contains an abundance of zinc. This is important because zinc-dependent metalloenzymes are responsible for transcription of our DNA - something that is "mission critical" in the first moments of conception (dominated by DNA fusion and cell division). People with Lyme disease often have Pyrroluria, a condition which is linked to the oxidation of neurotransmitters such as adrenaline to adrenochrome, dopamine to dopachrome, and noradrenaline to noradrenochrome. The sustained oxidation of neurotransmitters has been theorized to be a fundamental contributor to heart defects and mental disorders including bipolar disorder.

Now let’s consider the eggs that are being formed inside of the ovaries of a developing fetus. There is a total of two future generations growing in a woman’s womb at 5 months gestation. So whatever a future mom eats or is exposed to is immediately affecting the next two future generations. This awareness gives us a more accurate "map" of the consequences, positive or negative, of our actions.

In pregnant women, balanced copper and zinc levels and ratios are critical for optimizing fetal development. In addition, the thyroid gland is often deficient in women diagnosed with Lyme disease. The thyroid gland plays a fundamental role in regulating female fertility and fetal development. Pregnant women with under-active thyroids are four times more likely tomiscarry and their children generally score lower on IQ tests. Supplementing your diet with a clean dark seaweed such as dulse and with a balanced trace mineral metabolism is often the key to good fertility and fetal development.

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Preconception Tests Recommended to Determine Birth Defect Risk

1. Tissue mineral analysis test. A hair analysis can confirm an intake of heavy metal exposure, the copper-to-zinc ratio, and copper and zinc levels.
2. AG Ratio. If the albumin-to-globulin (AG) ratio is low, this can indicate the presence of chronic infections in the body. By practicing rigorous daily nasal and dental hygiene (iodine, salt and water facial; oil pulling; dental water pick; flossing, etc.), often times, the AG ratio will increase. See Brighton Baby Chapter 18 for details.
3. GSH/GSSG Ratio. The glutathione ratio (GSH: GSSG ratio) should be high. If it is low, this can indicate that your body does not have enough glutathione to bind to and eliminate excess DHT (testosterone) and heavy metals. Begin taking a quality liposomal glutathione supplement along with CoQ10, folate (and methyl folate), and vitamin B12.

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Low-Dose Naltrexone in Lyme Patients

by Megan Torbert, PharmD Candidate at the UMES School of Pharmacy Class of 2013

Lyme disease is a growing epidemic on the eastern shore. When it is not treated early, the standard treatment protocols may fail in curing the patient of all symptoms. More and more patients complain of persistent symptoms years and years after being treated, termed Chronic Lyme Disease. More and more doctors are looking to treatments outside of the CDC recommendations to find their patients relief. One treatment now showing great value is low-dose naltrexone (LDN). It is being used to treat patients with fibromyalgia, Crohn’s disease, multiple sclerosis, autism, sarcoidosis, and Lyme disease.1 Naltrexone is a drug which was developed in the 1970’s to treat heroin addiction. Since its development, it has been studied for its other effects on the body and other possible uses. A neurologist by the name of Bernard Bihari was the first to perform a trial with LDN (1986). Most of the patients enrolled in the study had AIDS, and he noticed an improvement in the patients’ immune function.2 Fast-forward to today and LDN is used for many diseases and disorders. Doses of 1-4.5 mg of naltrexone are prescribed to alleviate symptoms frequently experienced by Lyme patients such as fatigue, myalgia (muscle pain), arthralgia (joint pain), and to reconstitute the immune system. Generally, the drug is started at a lower dose and titrated to the 3 to 4.5 mg dose. In one open label study 75% of patients experienced a reduction in their symptoms: Dr. Horowitz cites increased cytokine levels as the main cause of inflammation and pain, and decreasing these levels may be the key to relieving those symptoms. He further explains patients experiencing localized pain can benefit from creams containing low-dose naltrexone, glutathione, resveratrol, curcumin, or alpha-lipoic acid.

Human scientific studies using low-dose naltrexone are rare, but many studies have been performed in rats. These studies have allowed us to understand the exact mechanism to LDN’s benefits. LDN has shown to have a suppressive effect on the central nervous system microglia cells. This results in a reduction of the production of inflammatory cytokines and neurotoxic superoxides. It is postulated these effects are not mediated by the drug’s opioid receptor activity, but instead its activity on toll-like receptor 4 leads to a release of inflammatory modulators, while antagonizing it as LDN does can have the opposite effect.

One study, published in 2009, boasted positive results when treating fibromyalgia patients with LDN (doses of 3-4.5mg) for their chronic pain. In this single-blind, placebo-controlled, cross-over study, LDN users saw a 30% reduction in symptoms during treatment. LDN treatment and above placebo.3 The symptoms which were most impacted by the drug were average pain, fatigue and stress. It was recognized in the study that higher base line erythrocyte sedimentation rate (ESR) levels directly correlated with a positive response to the LDN therapy. Higher ESR levels are indirect indicators of an increased inflammatory response which may be due to many different diseases or factors. Whether these patients had Lyme disease is not known, however, the results may still be transposed to a patient suffering from chronic pain due to Lyme disease as the mechanism for the pain is the same. Similar to other studies with LDN the time to peak effect was 28 days. It should also be noted that LDN was very tolerable, showing few side effects. The most frequent side effects seen with LDN are vivid dreams and trouble sleeping. These side effects are generally transitory and disappear in a few days after tapering.

It has been recognized that in many diseases, including Lyme, the body may be lacking endorphins. LDN therapy has been shown to boost the immune system by increasing these endorphins.4 This therapeutic effect is thought to be achieved by increasing the body’s production of beta-endorphin and met-enkephalin.5 Both are important regulators of the immune system. These endorphins can increase the circulating quantities of natural killer cells and lymphocyte-activated CD-8 cells, both of which are important to immunity. They also help regulate the t-helpers 1 ((Th1) and t-helpers 2 ((Th2) balance.6 This is responsible for helping the body fight chronic diseases while Th2 is responsible for autoimmune and allergy-like responses. LDN helps to promote th1 while suppressing th2. It is this dynamic which may help to improve Lyme patient’s immune function. It may be especially beneficial in those patients with Lyme disease and an autoimmune disease. In addition to endorphin production being helpful for immunity, it also serves as a natural pain killer.6

LDN seems to be a viable and beneficial option for Lyme patients. Many Lyme patients are plagued with chronic muscle and joint pain, which may be relieved by LDN. Not only does LDN have shown improvements in patients’ energy levels. The immunological benefits will be advantageous for Lyme patients since they frequently suffer from both. With a limited side-effect profile, LDN is a low-risk medication worth trying. LDN is a specialty drug that must be compounded and is com- pounded into a topical cream, an oral solution, or capsules. However, it never be compounded with any sugar and/or additives that might be detrimental to patients.

For more information on how LDN might be benefi- cial for you, call Community Compounding Pharmacy at (410) 749-1899 or send your inquiry to compounding specialist, Melissa Ruark at melissa@communitypharmacy.md.

References:
"Brighton Baby" ...cont'd from pg 5

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“Save My Life” ... cont’d from pg 1

“With passionate emotional honesty interleaved with touches of humor, this is How I Save My Life expos- ite a stark realities of Lyme disease and the underly- ing chronic infection, under control.

1. If orotate levels are high, it may indicate a need for L- orotate, fumarate, malate, or other malic acid derivatives produced within your body as part of your metabolismo can point to underlying nutrient deficiencies, path- way imbalances, or toxicities.

2. Elevated levels of ??-ketoacids may indicate a need for CoQ(00) or one or more of the B vitamins.

3. Elevated levels of succi- nate, fumarate, malate, or hydroxymethylglutaryl (HMG) additionally indicate that a CoQ(00) deficiency may be present.

4. If HMG levels are low, it may indicate that there is a deficiency upstream. In order to keep the Krebs cycle moving optimally, supple- mentation with CoQ(00) (ubiquinol) may be indicated.

5. To learn more about how to prevent birth defects and to enhance your future child’s potential before concep- tion, pick up a copy of Brighton Baby book one at Brightonbabyl.com or through Amazon.com, and register for a free webinar, “Conceiving Your Extraordinary Baby in a Toxic World,” at Brightonbabyl.com.

Roy Dittmann, OMD, MH is the author of the just-released book, “Brighton Baby: A Revolutionary Organic Approach to Having an Extraordinary Child - The Complete Guide to Preconception & Conception” (1060 pages; Balboa Press, a division of Hay House; Brightonbabyl.com). Dr. Dittmann has dedicated his professional life to evolv- ing an integral organic approach to prevent birth defects and optimize fetal brain development during the perinatal period - the most powerful time to impact human development. He had the unique opportu- nity to study with several modern day native and indigenous cultures, where he learned a common maternal lineage, which included herbal, probiotic, dietary, and lifestyle wisdom absent from our post-mod- ern culture. He found that the women and men in these cultures did not have the same reproductive condi- tions seen in the Western World. Aspiring to integrate this perinatal wisdom with mod- ern trends in reproductive and perinatal medicine, Dr. Dittmann developed The Brighton Method to provide couples with practical solu- tions for realizing their goal of having an extraordinary child.

Throughout his career, he founded two biotech compa- nies based on a series of nat- ural drug delivery systems, was featured in Vogue maga- zine as a doctor to the stars, was an Official Team Doctor in the Olympics, and co-pub- lished two books on early human brain development. In addition, he consulted with the Chinese and Romanian Ministers of Health, as well as Ukrainian Health Ministry officials on the creation of their perina- tal programs.

Dr. Dittmann is the father of four, including a son diag- nised at the age of five with Aspergers Syndrome and Sensory Integration Disorder (now referred to as an Autism Spectral Disorder or ASD). Dittmann oversaw his son’s health and succeeded in resolving his son’s condi- tion within six years. As early as the late-1980s, Dr. Dittmann forewarned health professionals that our existing diet and lifestyle trends would lead to an exponential rise in autism, ADHD, birth defects, and infertility. His Brighton Baby book series is designed to coach couples on how to reverse these trends and conceive, birth, and raise extraordinary children organically.
PUBLIC HEALTH ALERT

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