

LIBERATING LYME SUMMARY

**LIBERATING LYME: Summary for treating Lyme disease.
From the book "Liberating Yourself From Lyme" by Vir McCoy and
Kara Zahl on Simon and Schuster 2021**

(Please know that I am not a doctor and the following is based on *my* experience and unique situation- use caution and judgment when embarking on a plan - please find an appropriate physician to work with) The following is a *summary* of my experience and the most important tools that worked for me. I was sick from 2001-2009 and have been 100% since.

1. LOVE "Thank It, Bless It, Burn It."

- A. MOST IMPORTANT. YOU are not a disease. Your body is going through something. Stay firm in knowing who you are. Spirit.
- B. Bless the "enemy". Trust love. The Lyme is teaching you something. Forgive. Bring it into your heart to be liberated. Thank it.
- C. Liberate it with the Fire in your belly. Where is the loss of power? Get that Fire burning. Use the anger as a motivator. Fire imbalance is key in Lyme. Do the Fire Love exercise twice a day.
- D. Watch the fear. Lyme feeds on fear. Watch your thoughts. Get rid of old belief systems, old attachments. Think the mind of an athlete. You will succeed.
- E. Listen to your *body* wisdom and sensory impressions (taste, smell, guts, word, craving, picture) Intuition. Ask "whats the matter?"
- F. Get lots of Rieki/ Heal old Trauma/ Generate more Love.
- G. Laugh till it hurts.
- H. Get your drum and rattle and sing, dance, play, paint, create.

THE HEALING DECREE OF IMMUNITY

Walk In love, walk in Peace,
Ask the matter, *what's the Matter?*
End the mental chatter,
Look closely-what do you see?
Work with the physicality,

*Bless your body and the enemy
Then liberate those that seek to harm thee
Harm not thy own body,
Stand firm against those that would seek to do harm to thee
Forgive yourself from the past,
Support your immune system to do its task*

2. LYME LIFE-CYCLE SUMMARY

When a tick bites you it has to be on you for at least 24 hours to transmit Lyme. Don't worry if it is just a few hours. You can take homeopathic *Ledum Palustre* (see below). Initial redness and swelling at the bite is not the bulls eye rash or Lyme disease. The Bulls eye rash or diffuse rash *anywhere* on the body occurs 2-3 weeks after the initial bite. You may not get a rash. The rash does not itch. If you get the rash you have Lyme and you have about 2 weeks to take antibiotics to knock it out, after that Lyme can go chronic.

1. Lyme disease is part of a family of Tick borne co-infections. There are 4 main culprits that can all come from the same tick bite. *Borrelia* is Lyme and there are many subspecies and local variants of *Borrelia*, *Borrelia burgdorferi* being the most common. *Babesia microti* and *Babesia duncani* are protozoans and are treated differently. *Ehrlichia* (*Ehrlichia chaffiens* and/or *Anaplasma phagocytocis*) are treated differently as well. *Bartonella* is another bacteria that comes with the pack. There may be more.
2. You must be tested for all 4 of these confections at a reputable lab like Igenix in Palo Alto. Don't assume you don't have the confections if you don't test positive. Go by clinical manifestations. I.E. If you have fevers or night sweats you may have *Babesia* and/ or *Ehrlichia*. Treat them all differently.
3. Lyme takes on 3 basic forms. It goes back and forth between stages.
 - A. The adult spirochete bacteria that get deep into the joints and nervous system and can mutate.
 - B. The Intracellular or Cell Wall Deficient (CWD) or L form that invades immune cells and mimics and hides.
 - C. Cyst form that can lay dormant for some time (2 weeks to 1.5 years) with a slimy resistant shell or biofilm.

4. Basic cycle of Lyme (Borrelia)

The adult spirochete penetrates blood/brain barrier after 2-3 weeks. After 2-3 weeks in hostile environment the spirochete turns into a cyst that goes dormant. The adult penetrates the immune system cells and hides mimicking the body's own cells. This form is called the "L" or cell wall deficient form. The cysts hatch when coast is clear. Now new hatchlings are genetically dissimilar to original (it mutates). Then within 2 weeks (my belief) it can lay cysts again. Lyme has been called "The Great Imitator" as the intracellular version mimics cell parts and hides from the immune system. Special hiding places are the tendons, ligaments and joints, Teeth and jawbone, and nervous system in the myelin sheath (saturated fat) that cover the nerves and nerve ganglia. The pineal and pituitary glands in the brain are targets as well. Then the immune system is busy trying to "catch up" to the mutations and often an autoimmune situation forms (attacking an "echo"). So we end up with a very mutable adaptable critter.

5. All three forms must be treated and when cysts hatch catch them before they lay again. It may take time. It's like running a marathon. Push and pull the layers. Treat the cysts then back to adults and back again.

Symptoms

Symptoms can vary from person to person but a quick summary of the symptoms I had were as follows: Arthritis, fevers, nerve pain and paralysis, Bell's palsy, vertigo and dizziness, soreness at the bottom of my feet and top of my head, blurriness in vision, jumbled schizophrenic thinking, dyslexia and spelling and writing problems, fear and anxiety attacks memory loss, bedridden, soreness and pain in the jaw and teeth. The list goes on. Fortunately I was diagnosed early (within 2 months) and got to see the pathway of Lyme. It mimics and may be so many other mi-diagnosed diseases such as Multiple Sclerosis, Mieniers syndrome, Bells Palsy and many others.

3. EXERCISE AND DIET

1. Exercise Exercise! Circulation. Sweat. Access that Tiger inside. Get the Fire flowing.

- a. Lift Weights,
- b. Martial Arts
- c. Yoga, Chi Kung, Pranayama, Kundalini Yoga
- d. Swim, Run, Bike, Surf etc.
- e. Sauna, Infra Red
- f. Vigorous rubbing of the body especially the gut area.

2. Diet - Eat Local, Organic, GMO free.

Most important – No Sugars of any kind including most honey and fruits (except Melaluca honey, and some berries as the benefits outweigh the sugar content). Cut out gluten and most grains if you can. Be careful of dairy and parasites.

a. Look at your ethnicity and ancestral diet. What were your ancestors eating before other foods came in? For example are you Native American? Then eat buffalo and corn. Not chicken or wheat. (No wheat or chickens in the new world until 15th century)

b. Blood Type - check for appropriate foods for O,A,B and AB blood types.

c. Individual sensitivities. What foods feel great to eat? What do you notice slows you down? Trust intuition. Do a 3 day fast and introduce foods back in one by one. Your body is unique. What affects you?

d. Avoid foods such as refined, canned, processed, far away, sugars, refined carbohydrates and allergens (wheat. -unless you are of mid-east descent). I avoid in this order: wheat, dairy (pasteurized) and chicken.

e. Best Foods Lyme – for my body (eat lots.)

Saturated Fats (Lard, Butter, Ghee, Coconut)

Avocado-Fats.

Broccoli

Eggs- (game are best) soft boiled or sunny side up

best for Lethicin and brain.
Greens (Esp. Mustard, Kale, Parsley and Chard)
Berries (Esp. Blue, Black and Strawberries)
Onions, Cayenne, Ginger, Horseradish, Garlic
Oils (Fish, Flax, Olive)
Colostrum, Kefir
Sauerkraut (non pasteurized)
Citrus (lots of Vit. C) Lemons or Grapefruit
Vinegar

f. Eat macrobiotic if digestion is weak with protein (Antibiotic free meats) and lots of soups for easy digestion
g. All raw foods for a month or longer in summertime. Raw Smoothie *1 head each of: Kale, parsley and cilantro, avocado, 2 lemons, ginger, turmeric, dandelion, mustard greens, olive oil, water. Put all in a blender or Vitamixer and drink often.*

4. MEDICINES - You will need *all* tools in your kit- Western and Alternative. (I am not a physician- this is my experience- use your own judgment). The following is a short summary that worked best for me.
Check with Doctor or Herbalist for Dosages.

A. ANTIMICROBIALS (Pharmaceutical and Herbal)

CORE PROTOCOL

Long Term treatment for Chronic Lyme.

Stay on these long-term antimicrobials and rotate and pulse them for as long as you have symptoms.

Rieshi, Chaga and Turkey Tail Mushrooms- amazing immune boosters

Colloidal Silver (rest for a week then back on for a month)

Resveretrol (500mg a day)

Homeopathic **Graphites, Petroleum, Cinchona and Crotalus** (30C) take each for one week then repeat. Stay on these. They get the cysts.

Short Term Treatment for Acute flare-ups

Save these medicines for flare-ups when the cysts hatch. Flare-ups can

come with stress or lowered immunity. The beginning of the flare up is the best time to hit it hardest and the new mutations are most susceptible. Treat the co-infections first. In general western antibiotics are best in the acute situations and the herbals in long-term chronic stages. Everyone is unique and again this is what worked for me. Look for the Alchemy, Synergy and Rotate.

For Borrelia (Lyme), Bartonella and Erlichia - flare ups pick 1

A. Pharmaceutical ABX (Best in ACUTE situations) - Attune to ABX-bless it - tell it what to do and what not to do. Take Western ABX with Usnea (an ancient antibiotic)- Pulse and Rest and Rotate

1. Vancomycin, Doxycycline, Minocycline, Ceftin, Ketek, Rifampin
2. Zithromax
3. I.V. Ceftriaxone (Rocephin) if really intense (make SURE you do it with Zithromax or a protein synthesis inhibitor antibiotic) or Penicillin G.

Babesia – a protozoan – treat it like malaria

1. Antiprotozoals such as Atovaquone (Malarone and Mepron), 2. Quinine, Artemesinin, Grapefruit Seed Extract
3. Homeopathic Crotalus

Bartonella-

1. Aminoglycoside antibiotics
2. Colloidal silver

For Lyme Cyst or "egg" form- pick 1 or 2

- Alinia, Tinadazole, Plaquenil,
Resveretrol, Grapefruit Seed Extract
Homeopathic Graphites, Petroleum, Snake Venoms and Rhus
Citrus or High Vit C
Colloidal Gold
MMS (miracle minerals)

B. Herbal antimicrobials for acute flare up situations - Stay on long-term Rieshi, Chaga and Turkey Tail Mushrooms, Colloidal Silver and Resveretrol and rotate in these others during flare-ups. (Pick 1-2) not at the same time as Western antibiotics.

- 1 Cats Claw

2. Olive Leaf Extract (good for acute flare ups)
3. Oregano oil
4. Lyme Liberator – With Nicotiana, Usnea, Teasel, Red Root, Cats Claw, Rieshi and Turkey Tail Mushrooms, Resveretrol and Yarrow
5. Klinghardts Rizol oils
6. The Byron White formulas
7. Cystus Incanus / Stevia
8. Kambo

Other Powerful Antimicrobials- For Long Term Temporary Use. Pick 1 or 2

1. Bee Venom (check www.neuraltherapy.com) and order from Venex www.beevenom.com (Bee venom was *major* for me)
2. Food grade hydrogen peroxide – make sure its food grade
3. Frequency Devices - Rife Machines (use F#360, A432 Hz), Tuning Forks, Entrainment CD's, Sound Healing
4. Ayahuasca - Please use extreme caution. This is a powerful medicine only for some. Can take you to the core of the issue.
5. Ozone
6. Salt/ Vitamin C protocol. See online for dosages - Salt gets adults- Vit. C gets the Cysts
7. MMS - Miracle minerals - especially for Babesia
8. Disulfiram – Most effective in new study of Western meds
9. Ivermectin – gets at parasites harboring lyme.

B. HOMEOPATHICS Start with 30C (work with a Homeopath.) and see what works (try a good lab like Hahnemann or Helios) Take one at a time and rest before the next one. See Classical homeopath for a constitutional.

Your most important homeopathics are *Graphites* and *Petroleum* as part of the long term treatment. Stay on them as they help dissolve the cysts.

1. *Ledum Palustre* or *Rhus Tox* at tick bite or shortly after

(take 8 times over 4 days)

2. Snake Venoms esp. *Elaps*, *Crotalus*, *Lachesis* and *Naja* (good with Vit. D dysfunction, low body temp, joints).
Crotalus for Babesia. Also for Cyst form of Lyme.
3. *Scleroporos* (Western Fence Lizard) Lizards don't get Lyme and their blood suppresses the spirochetes. (Good with nerve damage/ nerve issues too) Order from Hahnemman Labs only
4. Spider Venoms esp. *Theridion*, *Lactrodectus* and *Aranea* (order from Hahnemman labs) (Good when seeing spiders/ adult phase.
5. Homeopathic *Scorpion* - helps boost immune system
6. *Aurum Arsenicosum* for late stage (see Peter Alex's book)
7. *China*, *Chininum*, or *Cinchona* (quinine) Homeopathic for chronic sweats/ Babesia
8. *Graphites*- Black lead- very important for Cyst phase.
- 9, *Kalmia* / *Bellis Perennis* - tendon pain, sore muscles
10. *Petroleum*- arthritic pains, Lyme cysts
11. For possible constitutionals (1M) and in a "going mad" stage check *Anhalonium*, *Amanita*, *Stramonium*, *Cannabis* and *Ayahuasca* (work with a homeopath.)

e. Essences/ Color/ Crystals

8. Teasel flower essence (check David Daltons program)
9. Yarrow flower essence (for knitting the energy field together and EMF protection)
10. Diamond gem essence for Pineal gland and dizzy feelings/ sore scalp-crown
11. Colloidal Gold esp. for brain (very important.) gets cysts
12. White Light/ Violet Flame/ Cobalt Blue healing colors
13. Quartz and other crystals for removing and clearing energy

5. IMMUNE BOOST /REGULATE

The Mushrooms are excellent here as well as for metal detox. Rishi and Turkey Tail Mushroom Powders in hot water. Cats Claw, Chaparral

6. DETOX/ DIE OFF (gut/neurological/metals) Metal Detox is key- Lead, Mercury, Aluminum, Thallium etc.

Chlorella, Grasses, Colonics, Good Water, Coffee enema, binders,
Skin brush the body often
Turkey Tail and Reishi mushrooms for metals, Cilantro, Carob,
Cacao and Cardamon for metals, Zeolites
Liver/Gallbladder Flushes- The Liver and Gallbladder are the Key
organs to heal in Lyme.

7. VITAMINS AND MINERALS- get a good liquid vitamin and mineral
food like Irish Moss or Seaweeds

Vitamin C, Calcium (bonemeal is great), Magnesium, Selenium,
Iron (Babesia), Copper (if parasites),
Lithium Orotate (for mood swings and depression),
Iodine

8. ENZYMES AND PROBIOTICS- Enzymes get at the “biofilm”

Noni, Enzyme combo, probiotics, colostrum, yogurt, bile, raw local
dairy, fermented sauerkraut and other Ferments. Kefir.
Homeostatic Soil Organisms.

9. FATS AND OILS

Lethicin for brain, Fish oils, Flax oil, Butter (ghee), Avocado, Pork
fat (lard)

10. VERY IMPORTANT

Minimize Electromagnetic Fields, Do ancestral work (heal the old
family issues), Get dental work (no root canals and mercury
fillings), Remove or minimize mold exposure. (Agave and Tobacco
for Mold) Earthwork/gardening,
Move the old Anger- Martial Arts- Protection- Chi Kung etc. Fire.
Animal Spirit Helpers call on Bear, Tiger, Eagle and others to help.
Shamanic ceremony. Drum.

11. PARASITES. Gut health/integrity is crucial esp. Liver function. Clear
out “Parasitic” relationships. Take Antiparasitics with “bait” i.e. Honey,
fruit sugars, milk, cheese and then “Bomb” them 20 minutes later with
below. Also take with apple as it helps draw them out.

Albendazole, Metronidazole, Tinadazole, Bilticide, Ivermectin for Worms

Garlic, Cloves, Black Walnut, Wormwood, Quassia, Wheatgrass (enema as well) Salt, Acorns, Pumpkin seeds
Zappers, Ozone, Homeopathics, Cumanda

12. OTHER PROTOCOLS There are many different protocols that have been very helpful for some. The above info has been my protocol that is a synthesis and worked for me. Here are a few among hundreds.

1. Cowden Protocol (check online) Mostly rainforest herbs with Samento, Quina, Banderol, Enula etc.
2. Dr. Zhangs Protocol (check online) Garlic and Wormwood
3. Buhner Protocol (see book reference below) Uses Japanese Knotweed, Andrographis and Cat's Claw as foundation
4. Dr Dietrich Klinghards protocol.
5. 18 day Lyme cleanse. Artemisia, Teasel, Mustard. Raw greens and plants.
6. Byron White challenge herbs. A series of herbs targeted toward different bugs

13. FOR CHILDREN

Because a child's circulation is better the antibiotics can penetrate more effectively. Cats Claw is excellent for kids with or without antibiotics (Esp. after a course of ABX). Work with fear in children. Lots of love and kindness as well as something that helps them feel protected (a martial art or self esteem strengthening)

14. PSYCHO SPIRITUAL

I believe that Lyme disease is a "fire" imbalance or literally a loss of power on some level. See the Lyme as your teacher. In my observations the key organs to heal are the liver and gall bladder. To me the liver acts as our "Fuel/Oil" tank to our system (See the Fire Love exercise). If it is not functioning right it can throw off the system (no fuel for the fire). Parasites and worms seem to be a big issue here as well as gallstones. On an energetic level the liver holds anger, bitterness and frustration. Stuck old unfelt emotions can form as energetic "cords" and enmeshments, that on the physical are "worms" and "parasites". It

is important to ask- Who is parasitizing you? Who might you be parasitizing? Clearing these old survival cords are paramount to healing. Watch out for parasitic thinking. Who is talking? Trust love. Have boundaries.

Often under the anger is grief from being "separated" from love. So it is very important to work with the old stuck emotions and ancestral patterns in oneself on the energetic while working on the physical. Work with "de-cording" from unhealthy relationships. Work with moving old grief and forgiveness.

The Gall bladder and Liver will be the most important organ for getting your "Fire" back. For removing old anger and bitterness, try drumming, lifting weights and "spitting" as if you were spitting out the old bitterness. For grief listen to music or a good movie that can help you get in touch and release old feelings. "Feeling is healing."

15. YOU ARE NOT A DISEASE- Beliefs

Watch the "victim" part that says, "I am sick". Don't believe it. Your body is going through something but the real you is not sick. Be careful of associating yourself as a "Lymie" or someone who is sick all the time. Lyme feeds on fear. Belief changing systems such as EMDR and EFT (Emotional Freedom Technique) can be helpful. Ignore the negative thoughts. Trust love.

REMEMBER: I have met many a person who had chronic Lyme and are fine now including myself and my partner.

YOU CAN DO THIS. RELAX THE FEAR AND BREATH.

"The only thing to fear is the fear in your mind"

"The fire in your belly is the only pill you need"

Thank it, bless it, burn it

Recommended Reading

Strashiem, Connie

Insights into Lyme disease Treatment: 13 Lyme Literate Healthcare Practitioners Share Their Healing Strategies.

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New York. Online Manuscript. 2005