



About The Site

BetterHealthGuy.com was started as an attempt to share my ongoing battle with a baffling list of health challenges. In June, when I first had the idea to create a site to share what I had learned during the past eight years since I originally became ill in 1997, my goal was to share my story with others and to learn from those that have struggled with similar health issues of unknown origin. In late July and after eight years of searching, I finally got some answers. I was officially diagnosed with Lyme Disease and Ehrlichiosis (a Lyme co-infection) less than three weeks ago. As a result, the focus of the site has changed a bit, but I am very pleased that my original goals are still being realized. I have received many inspiring notes from visitors to the site and the sharing of information has definitely been bi-directional. I am so excited about the network of new friends that the creation of the site has afforded me.

BetterHealthGuy.com will continue to offer topics of interest to both those that are struggling with chronic illnesses as well as those that are healthy and want to retain their health. Some topics which the site covers are Detoxification, Probiotics, Parasites, Candida, and Lyme Disease. I will soon be adding my thoughts on Chronic Fatigue Syndrome, allergies, and more. I have recently stumbled upon an allergy treatment method called BioSET which has provided many people with very good results. The site also has my favorite books as well as a collection of links categorized by topic that may also be of interest to you. I am just beginning to publish stories written by site visitors to share their quest for Better Health with others. If you have an interest in sharing your story, please let me know. I think you will find the stories currently published to be inspiring.

Lyme Disease

One of my goals is to be an advocate for the Lyme community. Lyme Disease is a devastating illness. Unfortunately, most people don't understand the seriousness of the disease. Within as little as days after being infected, the bacteria that causes Lyme Disease may already be well-planted in the brain, organs, and spinal fluid. Insurance companies often reject valid claims for those diagnosed with Lyme. Doctors are often persecuted by state and federal arms of government for attempting to treat patients with Lyme Disease. There is much debate about the prevalence of Lyme Disease in our society. Many people suffer with baffling symptoms for years before they are diagnosed only to learn that the treatment options are not always encouraging. My focus now is on doing everything possible to encourage my body to move in a direction of healing.

I started taking Doxycycline about three weeks ago in an attempt to bring down the spirochetal load. Unfortunately, as the Lyme bacteria die, they release potent neurotoxins into the body, and it is quite common for symptoms to become much worse before one begins to feel better. I am in the "somewhat worse" stage now and looking towards "somewhat better" in the next several weeks. I also recently added NDF, a heavy metal chelating agent, to my regimen in order to address any issues which may be caused by mercury toxicity. My next steps are to add Samento (Cat's Claw) and Coconut Oil. These are two natural options for reducing the load of the bacteria in the body. I am also in the process of completely updating my overall supplement program and will be posting that to the site very soon.

There are no easy cures for Lyme Disease. My current thought process is to attack the problem using many different modalities. I have some research underway on next steps, and I will be adjusting my protocol over the upcoming weeks and months. I understand that it will take up to 2 years for me to recover from this illness and that I have to be patient with the process. Trust me, patience is not my virtue!

Product Pick

Along the way, I have looked for interesting products that may benefit us in interesting ways. One of the most exciting products that I have found is an item that I thought completely outlandish when I first heard about it. Essentially, it is a foot pad that you wear while sleeping that is reported to help your body detoxify from heavy metals and numerous chemicals which build up in our systems over time. I have used the product for several months now and was convinced enough that I have now started sharing it with others on the site. I was paying nearly \$3 per pad when I first started but recently found a supplier that is only \$0.83 per pad. You can visit HealthMarvels at <http://www.HealthMarvels.net>.

The image below shows the pad before and after use. I had my used pads tested and they were found to have mercury, benzene, PCBs, and other substances. Some site visitors have already reported interesting results with the pads which you can read on the [Feedback page](#). If you are interested in learning more, visit my [Detox Foot Pads page](#). I hope that you will find the pads as useful as I have.



How You Can Help

After having spent many hours getting BetterHealthGuy.com registered with numerous search engines and employing other means to get the word out, I have found that the best way is often through personal connections and word of mouth. If you know of someone that is either chronically ill or that may benefit from the general [Health Tips](#) and other information on the site, please forward this email to them. I would be most grateful.

Until Next Time

The rest of August is my time to figure out the exact plan of attack against this challenging foe. I hope to have much more to share with you soon. Thanks for all your kind words, inspiring stories, thoughtful direction, and for your compassion. Live, love, and laugh each and every day for tomorrow is not a given.

In Better Health,



Scott

Scott@BetterHealthGuy.com

UNSUBSCRIBE: This email newsletter is being sent to my family, friends, and visitors of BetterHealthGuy.com that I have recently come into knowing through the site. If you would like to be removed from this list, please let me know via return email and I will be happy to do so.

NOTE: This information is **not** intended to treat, diagnose, cure or prevent any disease. All information provided in this email is for informational purposes only and represents the experiences and information encountered to date by BetterHealthGuy.com. No warranties are provided either explicitly or implicitly as to the validity of any information herein. Always seek the advice of your physician before making any treatment decisions.

NOTE: BetterHealthGuy.com is not responsible for any third-party information referred to from the site. BetterHealthGuy.com does not sell any products though may make a small referral fee for products you purchase from links within the site. BetterHealthGuy.com does not take responsibility for the accuracy of any information and suggests that you do your own research and consult your doctor. BetterHealthGuy.com is not responsible for any issues that you may encounter with the purchase of any products found through sites which it may refer you to.