



August was a month of much research and learning for me on the road to recovery from Lyme Disease. Many of the contacts that I have made as the result of the site have been invaluable and so much appreciated. I truly believe that I would not be where I am today without the ability to use technology to research this challenging foe and to reach out to others for their stories and support. It has been amazing.

Where Am I?

The road to recovering from Lyme Disease is a long one. My doctor continues to remind me that this is a marathon, not a sprint. With my strong Type A+ personality, this has been a challenge. However, I understand and accept that the process is slow and that rushing it can make things worse. It is possible that if I go too fast, I could overload my body and even shutdown my kidneys. No thanks....

At present, I feel pretty good about where I am with my [treatment protocol](#). I am on doxycycline (which I plan to reduce over time), Samento (Cat's Claw), NDF, and numerous supplements which are fully listed on the site. I am also doing 30 minute sessions daily in a far infrared sauna. The benefits of such a sauna are many.

In September, I plan to take most of the month off and do some traveling. Though it may be challenging at times, I am so looking forward to it.

When I return in October, I will be moving onto the next steps of my program. I change to a new LLMD (Lyme-literate Medical Doctor) in a few weeks. After that, I am planning to start incorporating frequency devices (rife machines) into my treatment. These devices are exciting, but may not be for everyone. I am reading a few books on the topic now and am very excited about the potential improvements that may be realized with this technology.

Site Updates

There have been many exciting updates to the site in the past month. These include:

[My current treatment regimen for battling Lyme Disease](#)

[My thoughts on Chronic Fatigue Syndrome and Fibromyalgia](#)

[My personal struggle with parasitic infections](#)

[Four new Better Health Quest Stories](#)

[Several new links in my Helpful Links section](#)

"Under Our Skin"

An exciting new movie about the Lyme Disease epidemic is underway. The movie is called "Under Our Skin" and is being produced by Open Eye Pictures. I think that awareness is critical and this movie holds the promise of bringing the story of Lyme Disease to so many people. If you are interested in contributing to this exciting project, more information is available [here](#).

Product Picks



Another product that I have found beneficial is a Far Infrared Sauna. I originally found the device through another Lymie. I liked the fact that this was a lie down unit and have been very pleased with the product to date. The source of the product is currently working on a new web site, but you can contact them through a [recent eBay listing](#) if you are interested. Compared to other products I researched in this arena, the price of this product is amazingly low and my experience with the sauna indicates that the quality of the product is quite good. I personally think that this has been very good for me and will continue to support my recovery.

I am also still very excited about [detox food pads](#) and use them regularly. I have gotten good feedback from other users of these pads as well. I have also found other doctors in the treatment of Lyme that also support the use of these pads as an adjunctive therapy. The pads are available through <http://www.HealthMarvels.net>.

How You Can Help

If you know of someone that is either chronically ill or that may benefit from information on the site, please forward this email to them. I would be most grateful.

Thanks!

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,

A handwritten signature in blue ink that reads "Scott".

In Better Health,

Scott

Scott@BetterHealthGuy.com

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