



Slow But Steady

Overall, I am seeing slow but steady progress. Many of my symptoms persist, and yet, I am becoming more and more functional. One year ago, I spent much of the winter in bed or struggling with significant neurological symptoms. This past weekend, I spent two days in Lake Tahoe, California on a snowboard reliving the excitement of one of the things I loved so much before my relapse 14 months ago. Hope abounds.

Treatment Update

I am expecting to make several changes in the next couple of months in terms of my treatment protocol. However, only a few things have really been adjusted or incorporated in the past month. Nonetheless, I am very excited about a couple of them.

First, I did the Shoemaker neurotoxin protocol (Cholestyramine) from <http://www.chronicneurotoxins.com>. I do not think that it has had any notable impact in just over a month, though I still think the theory is valid. If I were to do it again, I might have stuck for more natural options rather than trying the Cholestyramine, but I know that this has helped some people immensely. Many of the symptoms of Lyme Disease may be driven by toxins moreso than the organisms themselves. I think detoxification is critical, and I do several things to continue to address systemic toxicity. In my opinion, one of the most important is to take regular infrared saunas. I am also taking a product at present called [Clear Detox](#) which is also in support of overall detoxification.

To address any hypercoagulation which is quite common with Lyme, I started a German enzyme preparation called [Rechts-Regulat](#). I kept hearing of people talking about how it makes your blood turn from dark and sticky to bright red and less coagulated. Well, after about six weeks, I have to say that the indications are promising. In my last blood draw, even my practitioner commented that my blood looked much healthier. The change in color was without question. I will continue to take this product for the foreseeable future.

Lastly, I finally got the new KMT23 device from Dr. Klinghardt. The device is a micro-current device with microbial inhibition frequencies as well as containing the ability to improve lymphatic drainage and more. It is too early to comment, but within the next couple of months, I should be able to provide more insights.

Information on my current treatment protocol including a full listing of supplements can be found [here](#).

Share The Spirit

One of the organizations that I think is truly making a difference for those of us with Lyme Disease is the [Lyme Disease Association](#). They are well on their way to having the Chronic Lyme Disease Research Center at Columbia University off the ground. If you are able, this is a fantastic opportunity to [donate](#) to a project that can truly change lives.

Until Next Time – Happy Holidays

In this last month of 2005, there are so many exciting things happening. I look forward to spending the rest of the month with family and friends, and I wish you the very best this holiday

season has to offer. We all know that it takes time to recover from Lyme and as we move into 2006, we are all one step closer.

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

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