



Happy Anniversary!

It is hard to believe that it has been one year this month since I was diagnosed with Lyme disease. After having been ill for over eight years before the diagnosis, finally knowing was a relief. The past year has been one of ups and downs, but overall, I am doing incredibly well. I went from being in bed with severe neurological pain to snowboarding, wakeboarding, running, swimming, and many other things that I used to love to do.

This is the twelfth installment of the BetterHealthGuy.com monthly newsletter. Each month, so many things in my understanding and approach to treatment have changed. I continue to adapt my protocol with new options that I learn along the way. However, the rate of change has become less frequent as I am at a place now where I feel like I have a well-rounded protocol. As a result, this will be the last monthly newsletter. Oh, don't worry... I am not going away for good. I just want to ensure that what I share in each newsletter is of interest and value. So, this is not "good-bye", but more "see you very soon". Future newsletters will arrive every other month.



What is Lyme?

I continue to learn more about Lyme disease and adapt my protocol over time. This month, I continued to focus on many other aspects of Lyme disease. The more I learn, the more I realize that Lyme disease is not just an infection with *Borrelia*, but rather, a multi-factorial illness that has many causative factors.

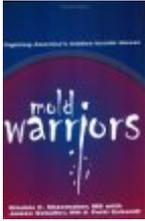
Borrelia is, of course, a part of it. One could argue that it may even be the ring-leader. However, we don't get sick just because we have *Borrelia*. There are likely more "healthy" people walking around with *Borrelia* infection than there are "sick" people. It is my opinion that it is a much more complex picture that also consists of many co-infections and other factors which cannot be overlooked if one is to return to health.

The Lyme co-infections themselves are often missed or not tested for at all. This is potentially a very serious mistake in the treatment of Lyme disease. I believe that co-infections are universal and that they must be dealt with. The medications are often different and require a well-planned protocol to eradicate.

Beyond just Lyme and its co-infections, there are even more contributing factors. These include: parasites (many of us with Lyme and likely many "healthy" people without it have them), viruses, heavy metal toxicity, hypercoagulation of the blood, dental and jawbone infections, and more. It has been a very important part of my recovery to work on addressing all of these. None can be overlooked. My recent focus has shifted from just Lyme to parasites and heavy metal cleansing. Please do yourself a favor, and investigate each of these areas further and talk with your medical practitioner about your options. You may be very glad that you did.

If you look at my [Treatment Protocol](#), you will see many of these areas and how I am currently addressing them.

Could It Be Mold?



As I continue to look for what I hope are some of the final pieces of this complex puzzle, I keep my mind open to the possibility that other factors besides just Lyme disease contribute to my condition. Another recent focus has been on trying to understand what portion of my problem may be mold-related. Well, the results are in. My system is creating high levels of antibodies to molds and thus, we may have found another important piece of information.

I will go into more detail in upcoming newsletters, but I urge you to have the conversation with your doctor and to consider whether or not mold may be a complicating factor in your recovery. I have never seen mold in my living or work environment, and yet, it appears to be present. We are investigating further and hopefully will have a clearer picture in the upcoming months.

I have mentioned it before, but I will urge you again to consider reading [Mold Warriors](#). It may provide you with new and highly useful insights.

BetterHealthGuy Favorites

Publication of the Month

I recently started writing for a newspaper on Lyme disease called [Texas Public Health Alert](#). You can read [my article](#) in the paper's first edition. I'll be contributing more content to this exciting project in upcoming months. Though the paper has a Texas focus, I think the information it presents is universally applicable and worth taking a look.

Article of the Month

A good article on Lyme was recently published in a local newspaper here in California. I thought I would share it with you [here](#).

I was also pleased to see another excellent article on Lyme disease from an associate professor at the University of New Haven. You can find it [here](#). It requires you to register, but is free of charge.

Project of the Month

It is no secret that one of my favorite projects is the upcoming Lyme documentary [Under Our Skin](#). [Open Eye Pictures](#) just release an updated trailer of the film this past month that you can see on their web site. As was the first, this trailer is also deeply moving. I can't wait for the day that the film is released. If you are interested in supporting the film, your contribution would be very much appreciated. You can contribute [here](#).



Web Site of the Month

With so much toxicity in our environment, I often wondered how my local area compares with others. [Scorecard.org](#) is a site that answers these questions. You might find the answers surprising. Also, don't miss the wealth of information on toxicity provided by the [Environmental Working Group](#).

Until Next Time (2 months from now)

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

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