



## Goodbye 2006 – Hello 2007!

It is hard to believe that another year has gone by and yet the end of one year and the beginning of another can serve as a sign that we are one step closer to winning the fight against Lyme disease. 2006 has had its challenges and yet, I continue to feel the progress that is being made towards a place of health and wellness.

I look back on 2006 with many fond memories. The year started in January with my first [Dr. Klinghardt](#) conference. As the year progressed, I attended two other conferences that were taught by Dr. Klinghardt as well and became a student of his ART (autonomic response testing) technique. It is a very powerful tool that I have seen provide much insight and direction for those of us with chronic illnesses. I am looking forward to even more of his conferences in 2007 as I find them to be information-rich and full of unique therapeutic interventions.

It was at my first conference of 2006, that I met two people that have become special friends this year. I continue to be touched by the many special people that having Lyme disease has brought into my life. Though there are many negatives of having Lyme, there have been some very special positives as well.

I attended [Hope to Heal Lyme](#) in April, the [ACAM](#) "Integrative Approaches to Lyme Disease, Stealth Infections, and Inflammation" in May, as well as the [LDA](#) and [ILADS](#) conferences on Lyme disease in Philadelphia in late October. Each of these offered unique insights into the treatment of Lyme disease as well as an opportunity to meet so many more friends.

It was at the Hope to Heal conference where I first met the team from Open Eye Pictures. I had been aware of the film *Under Our Skin* previously, but this was an opportunity for me to see the passion that these people have for making a film that can truly change the course of Lyme disease. As they move into post-production, my excitement continues to grow. Having this film as a way to raise awareness will be a unique and invaluable tool. I ask that you consider a contribution to this important project by visiting <http://www.LymeDiseaseFilm.com>.

I am looking forward to winter and the opportunity to spend more time snowboarding. I am also looking forward to continued healing in 2007. I wish you the best of health and happiness in the coming year.

## We Must Take Action NOW!

I generally attempt to focus my energies on understanding the disease process and potential treatment options around Lyme disease and have not been quite as involved in the political side of the disease. Sadly, at this point, I do not think it is possible to remain uninvolved on that front.



With the publication of the IDSA (Infectious Disease Society of America) guidelines in October, our ability to get diagnosed and then appropriately treated has been challenged even further. I truly believe that these new guidelines threaten the lives of many.

I applaud both the LDA (<http://www.lymediseaseassociation.org>) and ILADS (<http://www.ilads.org>) for their efforts to provide information and [guidelines](#) which focus on the quality of life for the patient – and, of course, on science! LDA and ILADS held their individual conferences on the same weekend in October and though there were limited new treatment options, the event reinforced how important these two organizations are to our ability to choose an appropriate healing journey and gain access to appropriate treatments.

My call to action for you is simple.

- 1) Please take a moment to **sign the petition** provided by the LDA against the IDSA guidelines. I cannot stress enough my strong belief that if anyone chooses not to sign this petition, recognize that it may mean that you lose your right to choosing a treatment option that can provide you with a better quality of life. It is as simple as that. I cannot envision why anyone that either has or knows someone that is touched by Lyme disease would not sign this petition.

The petition currently has just under 20,000 signatures. However, this is not enough. The original goal was 50,000 signatures. So, PLEASE, do two things for me. First, go sign the petition yourself and second, send this information to everyone you know asking them to do the same. Our lives depend in large part on our continued access to treatment based on choice.

The petition can be found [here](#). **Please, sign it today!**

- 2) Congress is also **threatening to pass an anti-supplement bill**. This could remove our ability to use natural supplements, herbs, and other such interventions in our treatment programs. Life Extension Foundation (<http://www.lef.org>) has created an online system which allows each of us to easily make our congress know of our wishes regarding **S.3546**—deceptively titled *Dietary Supplement and Non-Prescription Drug Consumer Protection Act*.

To **make your “NO” vote known**, go to <http://www.lef.org> and scroll down to the middle of the page and click on “AER Dietary Supplement Legislation” in red.

## Quick Update

2006 has been a year of continued progress. Fortunately, I am very functional at this point. Though a few symptoms remain, I am ready for a winter of snowboarding in Tahoe once again! I also recently started an hour long Turbo Kick Boxing class which is amazing. The only challenge is my lack of coordination. Sadly, that is not from Lyme! ☺

## BetterHealthGuy Favorites

### Latest ILADS Conference DVD

The ILADS Sunday session DVD which was an excellent summary on the diagnosis and treatment of Lyme disease can be ordered [here](#). I highly recommend it.

### Publication of the Month

The [Public Health Alert](#) has just released their sixth edition! I continue to be impressed by the quality of the articles that the paper has to offer. Don't miss it!

## Until Next Time...

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".

Scott

[Scott@BetterHealthGuy.com](mailto:Scott@BetterHealthGuy.com)

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