



Slow and Steady Wins the Race...

Though I cannot yet claim to have put my Lyme disease into a complete remission, there are some recent signs of continued progress. My CD57 finally made a jump. It went from 84 to 134 in just a few short months. The only major changes during this time were Bicillin and Raintree Cat's Claw. Though both could certainly be factors or even the result of my longer-term treatment, I do think that the Cat's Claw has been a notable factor in the rise.

Unfortunately, I am still showing evidence of Babesia, Ehrlichia, and possibly Bartonella. If the CD57 is accurately measuring the activity of the Borrelia itself, which I believe it is, I am optimistic that an improving immune system will be able to spend more of its valuable resources on booting these co-infections out of the "roach motel" that my body had apparently become. ☺ I continue to aggressively treat for these co-infections as well.

It has been said many times that Lyme disease is a marathon and not a sprint. Thus, slow and steady wins the race. I continue to move forward with much optimism.

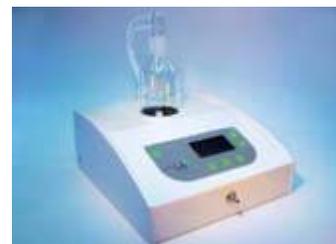
As for how I am feeling, things are going well. I have been snowboarding several times this winter. I do an hour-long kickboxing class each week and I spend another hour each week at the gym doing cardio and weightlifting. I firmly believe that exercise is an important factor in our recoveries and that we should do as much as we can within our individual tolerances.

A Few Shifts in Treatment

My treatment protocol has recently been updated and can be found [here](#).

Some notable changes:

I started the **Salt/C** protocol about two weeks ago. I think that it can be beneficial for parasites as well as for Borrelia and even possibly Babesia. **I do think that it is important to start very low and work up to a higher dose.** There are several good resources available on the Internet that guide people through the process. One site of interest is <http://www.LymePhotos.com>. Another that has more specific information on the protocol is [Lyme Strategies](#). **The protocol can be difficult in terms of herx reactions and I would never suggest even considering it without being under the care of a doctor that can monitor your progress. Though rare, some people may experience an increase in blood pressure or other adverse reactions with the protocol.** It is still too early for me to comment on the effectiveness of this option.



I recently obtained the **ActiveAir3** device from eng3corp.com. The main theory is that the device creates singlet oxygen which decreases free radical activity and provides the body with energy to improve its health restoring potential. Personally, I have also felt as though the device has supported me in detoxification as well.

I wanted to more specifically address some of the Lyme co-infections and parasites. To that end, I am using the [Resonant Light Perl](#). It appears to be a very well-constructed resonant light

emission device which may help in the management of various infections. Between the Perl and the Salt/C, I am noticing some herx reactions that I have not had for quite some time. My opinion on that at this time is that I am reaching layers of infection that had not been reached with previous treatment options. I am optimistic that this may result in a movement off of the plateau that I have been experiencing recently.



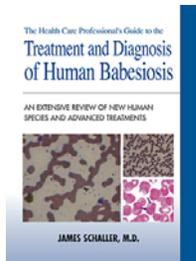
I will also mention **EPD Injections**. EPD is enzyme-potentiated desensitization. It is a method of immuno-therapy that can help with sensitivities to molds, foods, and other substances. It has been something that I have wanted to start for quite some time and was previously unable to find a good time to start the injections. I will continue with them once every two months for some time if no adverse effects are noted.

I have added Coriolus which is a mushroom that may support the immune system and in some cases has also been reported to support improved CD57 counts. So, quite a few changes since last time I provided an update.

Public Health Alert

My [latest article](#) in the PHA is an interview with Bryan Rosner, the author of "[When Antibiotics Fail: Lyme Disease and Rife Machines](#)". Bryan mentions a new book that will be available soon. I will provide more updates as they are available. I have had the opportunity to review the upcoming book, and I think you will find it to be very helpful.

Exciting Resources from James Schaller, M.D.



James Schaller, M.D., recently released (November 2006) a book on Babesia called "[The Health Care Professional's Guide to the Treatment and Diagnosis of Human Babesiosis: An Extensive Review of New Human Species and Advanced Treatments](#)".

Dr. Schaller has a number of very useful books that he has authored on the topic of Lyme disease and related co-infections and treatment options. You can find many of them [here](#).

Lastly, Dr. Schaller has a very information-rich web site that I urge you to visit. It is available [here](#).

Let There Be Hope...

[Hope to Heal Lyme 2007](#) is just around the corner. An exciting lineup is already planned that will include Dr. Burrascano, Dr. Amy Derksen ND, Dr. Steve Bock and many others. It is an event that you won't want to miss.

New Lyme Antigen Test from Central Florida Research

A new Lyme antigen test just became available within the past couple of weeks. I have not yet had the test performed and don't have enough data to form an opinion on it yet, but I urge you to review the available information and then decide whether or not you find the test of interest. More information can be found [here](#). I hope to be in a position to offer more personal experience with it soon.



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

UNSUBSCRIBE: This email newsletter is being sent to 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.