



Current “Research” Projects

I am currently in the middle of investigating and integrating a number of new treatment modalities. It is too early to endorse any of these at this time, but I hope to have more information in the next several months that may support these being potentially useful options.

My current “research” projects include:

1) I have started doing regular ozone sauna treatments. Ozone sauna is reportedly helpful for both controlling infection and for detoxification. I have been doing the saunas 2-3 times a week for about 2 months now. So far, I do feel like they are useful, though it is still pretty early to have a strong opinion. For more information on ozone saunas, visit www.OzoneGenerator.com. No, that’s not me in the picture... ☺



2) Just this past week, I started a series of detoxification treatments using laser energy. I currently have a series of about 8-10 detoxification sessions planned and should have more information to share as I continue learning more about this exciting treatment option. There was a 3 day conference in May that was held by Dr. Cowden which I attended and found to be very informative.

3) IRT, or Immune Response Training, is a technique that may help to train the brain to correct mistakes that are currently being made in response to a disease such as Lyme disease. I have known about this option for awhile but recently have heard a number of first-hand accounts from people that had completed or are currently involved in the program and found it to be beneficial. There is a web site that talks about IRT at www.LymeFree.com. As with my other “research” projects, I cannot yet endorse this approach to treating Lyme, but am hopeful that upon completing the program myself, I will find it to offer some positive comments and will be able to convey that in upcoming newsletters. I am planning to start in mid-August.

Treatment Update

I continue to focus on detoxification using the GTech Body Cleanse ionic foot bath as well as the ozone sauna therapy mentioned above. More and more, I think that detoxification has to play a major role in our recovery from chronic illness. My latest article on detoxification can be found [here](#).

Much of the remainder of my program remains very similar with the exception of incorporating the laser energetic detox and IRT options.

These updates and more can be found on my site. I welcome any questions or comments.



Sue Vogan's "In Short Order"

I was recently invited to be a guest on an internet radio show that has a focus on Lyme disease. Sue Vogan's "In Short Order" is definitely something to listen to each week. To hear my recent radio interview, go [here](#). It was great fun.

Public Health Alert

My [latest article](#) in the PHA is on detoxification and the various options that I have incorporated into my own treatment plan to help deal with the harmful impact of toxins.

Hope to Heal Lyme was a HIT!

[Hope to Heal Lyme](#) was a great event. I recently posted my summary of the conference on my site. The notes can be found [here](#). I look forward to this event in 2008 as it always bring so much good information to us and offers us time to share with our fellow journeymen recovering from chronic Lyme.



LIA Foundation DVDs

The Lyme-Induced Autism Foundation recently held their annual conference. I was unfortunately not able to attend but have since gotten the DVDs and am reviewing them now. I highly recommend the DVDs of the event. The speaker lineup was impressive. This is definitely a group to watch. More information is available [here](#).

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

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