



Treatment Updates

Quite a bit has changed with my overall treatment plan in the past month or so. Much of this resulted from a recent visit with Dr. Dietrich Klinghardt. I learn so much with every opportunity to interact with Dr. Klinghardt. Just a few weeks ago, I had the opportunity to spend three days learning at one of his seminars. It was truly enlightening.

The biggest changes worth a mention include:

- 1) I incorporated a new anti-fungal and a new anti-viral. In some cases, treatment of the Lyme disease itself has been found to be much more possible if fungal and viral co-factors are being addressed simultaneously.
- 2) I changed my antibiotic therapy to focus more on Bartonella infection with the incorporation of Rifampin and Clindamycin.
- 3) I am using a new product from [BioPure](#) called Matrix Metals which is intended to help remove harmful heavy metals and other toxins from the body.
- 4) I have started using a new herbal product which contains Ecklonia cava, a seaweed from Japan that is reported to be strongly anti-inflammatory and anti-oxidant. Ecklonia cava is available from [BioPure](#) or from [Allergy Research Group](#). Additional information can be found at www.fibronol.com.
- 5) I have begun to incorporate [Nanotek Chitosan](#) into my detoxification program. This is a nanoized form of chitosan which many Lyme patients have reported to be helpful to lessen Herxheimer reactions. In fact, an article was published recently on the use of Nanotek Chitosan in the [Townsend Letter](#). As of the time of this writing, the article is only available in the hardcopy version of the publication. Note: Chitosan may not be appropriate for those with shellfish allergies.

These updates and more can be found on my site. I welcome any questions or comments about my current treatment program. Additional details can be found [here](#).

Peggy Will Walk Again...With Our Help!

My upcoming article in the [Public Health Alert](#) is the touching story of Peggy. Peggy was the picture of health until she was hit with an unrelenting fatigue at 17 that resulted in a downward spiral of events that required her to use a wheelchair at the age of 26. After a series of misdiagnosis including Multiple Sclerosis, Peggy was ultimately diagnosed with Lyme disease.

Today at 37, Peggy is involved in an exciting program called [Project Walk](#) which is helping Peggy in her quest to leave her wheelchair behind. The program will cost Peggy nearly \$100,000 over the course of three years. Peggy's fiancé has put together a moving web site at www.peggywillwalk.com which is intended to not only track her progress but to help raise funds to make it all possible. I was touched very deeply by some of the videos on Peggy's site and I invite you to become a part of Peggy's story through your generous support.



What About Those "Research Projects"?

Over the past several months, I have been exploring a number of different therapies as I continue my quest to attain a more complete and lasting recovery from chronic illness. These include:

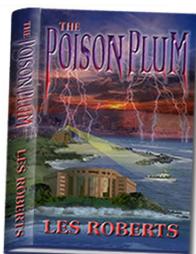
- 1) **IRT, or Immune Response Training.** Information on IRT is available through www.LymeFree.com. I have personally seen a number of people that have had significantly positive experiences with IRT. One personal friend reported to me that she felt about a 30% improvement in her overall health in just 10 sessions. Another friend that had tried almost everything known to treat Lyme reported that IRT was the single most important thing he did along the way.

My personal experience with IRT is still relatively early having only been involved in the program for about six weeks. I cannot yet report any profound shifts personally but I can report that numerous people on the weekly group calls have reported notable results. I have seen enough people report results with this program that I am committed to continuing with it and expecting to see more definitive results myself.

I know that this treatment option is widely debated and there are a number of people that do not believe that the program can work. In most cases, those people have not participated in any IRT sessions and thus have limited or no personal experience with the program. I would appreciate hearing from more people that have tried IRT themselves about your experience with the program. Though I am not in a position yet to endorse the program officially, I continue to involve myself in it personally and remain hopeful.

A Yahoo! Group on IRT was recently formed at LymefreeIRT.

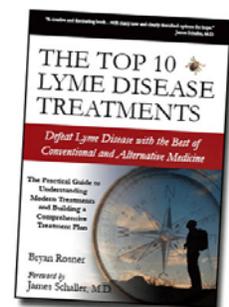
- 2) **LED, or Laser Energetic Detox.** After having attended the Lee Cowden seminar on detoxification in May, I found a local practitioner and started doing laser energetic detoxification sessions. I have now completed the full series of seven detoxification treatments that was outlined by my doctor. After each treatment, I felt notable fatigue for about 24 hours which I attributed to the LED treatment causing my body to start detoxifying. I still have a follow-up appointment to determine whether any further treatments would be helpful, but essentially, my series is complete. That said, LED is not something that ends, but rather would be wise to consider as an ongoing maintenance for detoxification. It is still too early to provide a final opinion on the overall benefit of the treatments as it has only been a week since I did the LED for heavy metals and am now on a several month oral chelation program that goes along with the treatment. My early opinion is that LED is another tool on the road to wellness though not a miracle cure.
- 3) **Ozone.** I mentioned last time that I was starting to do ozone saunas. I continue to do the saunas and have also recently started ear insufflation ozone therapy as well. I believe that the ozone is both a means to support detoxification as well as to reduce microbial load. Over time, I expect to realize positive benefits from incorporation of ozone therapies into my treatment program.



Les Roberts' "The Poison Plum"

Though I have not yet had the chance to read "[The Poison Plum](#)", I have just received a copy and am looking forward to it. Les Roberts has shared his story through my web site on the [Your Stories](#) page for quite some time. Now, Les shares his own battle with Lyme disease through an exciting new novel that is a must-read for anyone with an interest in Lyme disease.

The Top 10 Lyme Disease Treatments



Bryan Rosner recently released his second book on the topic of Lyme Disease. It is called "[The Top 10 Lyme Disease Treatments](#)". Feedback from readers has been very positive and if you are looking for a good source of information about Lyme disease from someone that has been through it all himself, this book is a great read.

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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