

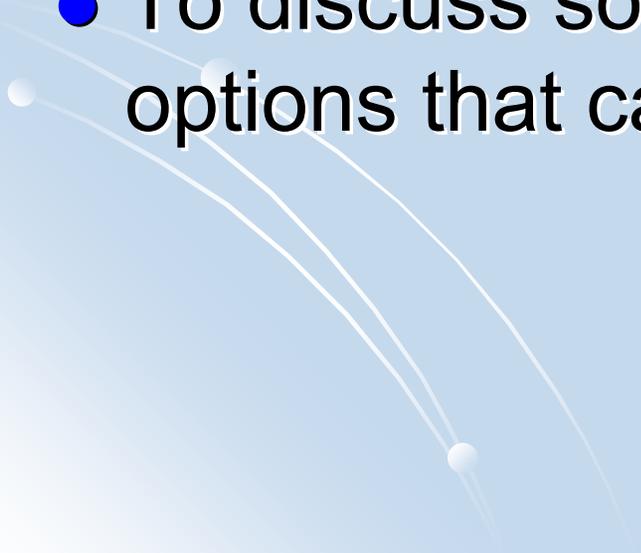
Using Alternative Methods to Help Guide Lyme Treatments

by

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My goals for this talk:

- Show you some other factors that we have discovered with ART testing that can interfere with your recovery from Lyme
 - To discuss some non-antibiotic treatment options that can complement your care
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What is ART?

- ART is “Autonomic Response Testing” developed by Dietrich Klinghardt, MD, PhD and Louisa Williams, MS, ND
- It is a combination of U.S. based applied kinesiology and German biofeedback and ANS based treatment methods (i.e. neural therapy)
- It is a technique that can be used to assess the health and/or dysfunction of the autonomic nervous system
- It is a technique I use with every patient to help determine what the primary stressors are and what direction we should focus our treatments
- Further instruction is available through seminars and videos at www.klinghardt.org

The 7 Factors of Illness

(these often “block” or stress the nervous system)

1. Toxins (ex. Heavy metals, neurotoxins, thioethers)
2. Nutritional deficiencies
3. Structural problems (herniations, occlusal, etc)
4. Energetic disturbances (scars, ganglia, acupuncture meridians...)
5. Food intolerances
6. Geopathic/Electromagnetic stress
7. Unresolved psycho-emotional or spiritual conflicts or traumas

- Developed by Dietrich Klinghardt, MD, PhD

ART testing- what to look for

- Check all organs to look for areas of stress (often on a first visit it will be the tonsils, liver and sinuses)
- Look for any scars (especially traumatic scars)
- Viruses (esp HHV6, HSV2, EBV, CMV)
- Parasites (ascaris, tapeworm, giardia, liver flukes)
- Lyme and common co-infections (often this will only show when testing against a weak arm since they “block” regulation)
- Heavy metals
- Molds/fungus- often a stress to the lymph system
- Food testing
- For all infection testing, make sure to check for resonance in different areas of the body once blocked regulation is ruled out
- Check for hormone imbalance or nutritional deficiencies

Why Not Just Use Lab Testing?

- As you know there are several false negative (poor sensitivity) results for Lyme, co-infections, heavy metals and also for most parasites
- Labs are important, but they don't tell the whole story
- Using energetic testing in addition to lab tests helps to fill in the gaps and provide a more tailored treatment plan for that particular patient at that specific time

Other diagnostic tools to look that can be useful to guide treatments:

- Applied Kinesiology
- Electrodermal testing (EAV)
- Asyra (the newest and most advanced computerized technology that looks at underlying causes of illness, rather than just acute stressors)
- Chinese pulse diagnosis/ Iridology
- Ondamed
- Clinical observation
- Arm length reflex
- Pendulum
- Leg length testing
- Dr. Omura's O-Ring testing
- Many others.....

Keeping the system in balance

toxins in



Body load



toxins out



Toxic Burden

People who become symptomatic with Lyme disease have a high toxic load, such as:

- Lyme neurotoxins and co-infections (Borrelia, Bartonella, Babesia, Mycoplasma, Ehrlichia, Rickettsia, Chlamydia)
- Heavy metals
- emotional burden
- Toxic scars (especially if developed just before the onset of illness, if it is a scar that goes straight across the abdomen or if it is near the area of most symptoms)
- Pthalates or other environmental toxins
- High microbial load (molds, parasites, viruses)
- Food allergies, increased intestinal permeability and decreased nutrient absorption
- This is why it often takes more than just a targeted Lyme medication to get well

Simple changes to help reduce body burden

- Limit chemicals used at home- hairsprays, perfumes, candles, cleaners... (good cleaning option is vinegar and castille soap)
- Diet- Stop the junk food, caffeine and alcohol
- Diet- If not doing lab testing at least try to avoid major food allergens like gluten and dairy and choose foods containing fewer artificial ingredients and preservatives
 - Gluten and cow dairy increase the mucoid layer in the intestines and contribute to inflammation and poor nutrient absorption (A food allergy elimination diet like the LID diet Dr. Singleton suggests is best)
- No fluoride in the toothpaste (this can disrupt hormones)- try using xylitol or herbs to keep plaque formation down. Also start using a water pik and Sonicare toothbrush
- Stop smoking
- Use more natural body care products
- Don't cook in plastic or put in the dishwasher (plastics can chelate Mg & Zn)

Reducing body burden...

- Choose organic meats and dairy (i.e. chicken is full of arsenic)
- Use a good quality air filter in your bedroom (IQ Air or Nikken are great)
- Clean carpets and bedding regularly (If you have had mold issues, consider replacing carpets altogether)
- Find a biological dentist
- Check for geopathically disturbed sleeping location- cordless phones, cell phone towers, electrical smog, computers, etc
- Be cautious about vaccines (thimerosal)
- Drink plenty of water and consider adding electrolytes
- Keep the bowels moving
- Get enough sleep
- Light exercise or at least some stretching to keep the lymph and circulation flowing
(Emphasis on full body strengthening and flexibility vs aerobic)

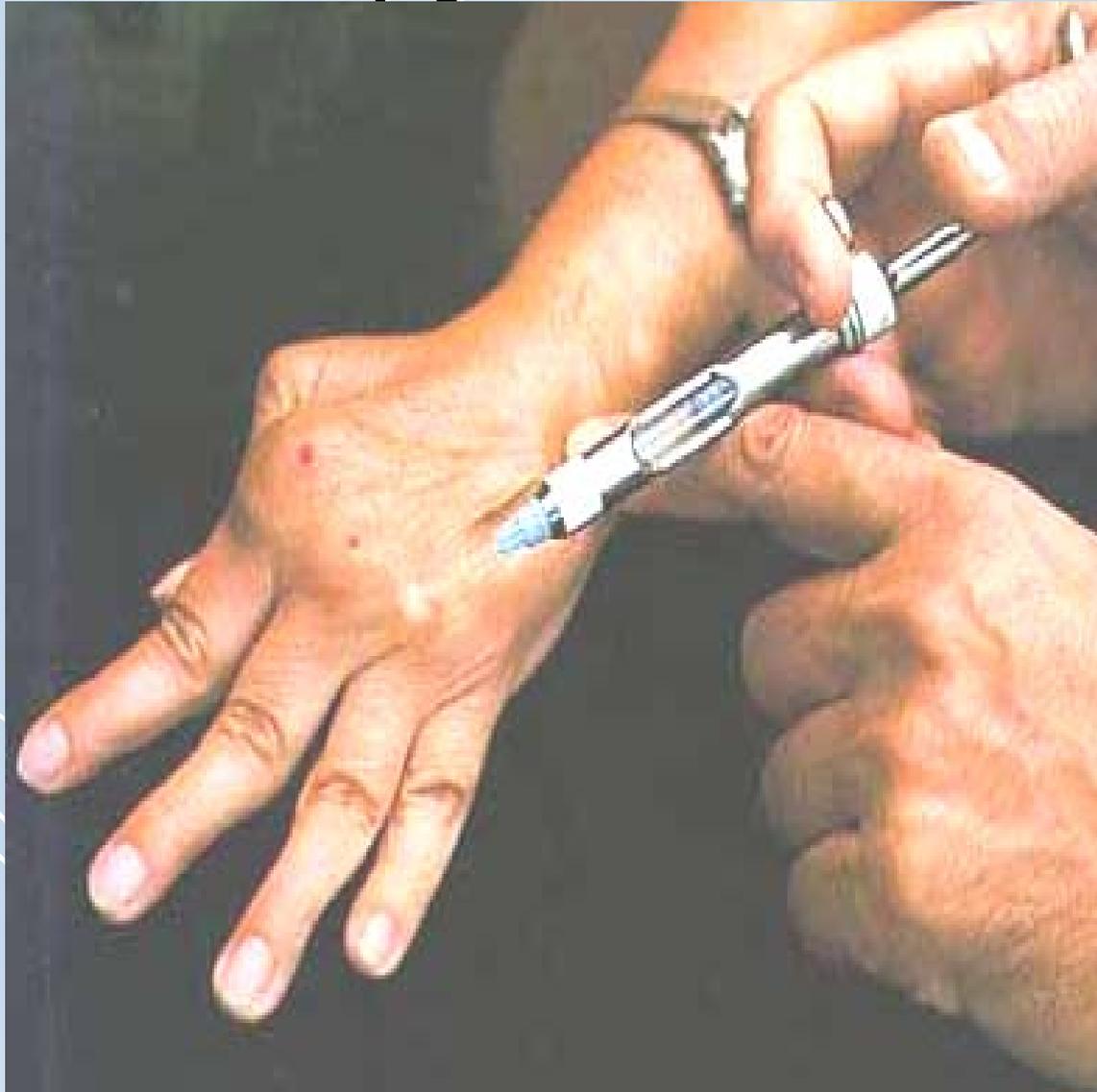
Treating Scars

- Neural therapy (www.klinghardt.org)- aka biopuncture
- EFT/MFT
- Sesame oil rubbed on them daily for 1 month
- King Bio Scar Cure spray
- Pulsed Laser (ideally with a homeopathic remedy)
- 3 day protocol:
 - make a paste with a healing clay (NatuRx, Premier Research) and water, cilantro, oil, Cicatrix or whatever tests appropriately
 - Apply to the scar and allow to dry
 - Wash off well
 - Repeat 3 times daily for 3 days
- Example- Woman with multiple back scars and rapid pulse and speech that immediately went back to normal upon injection

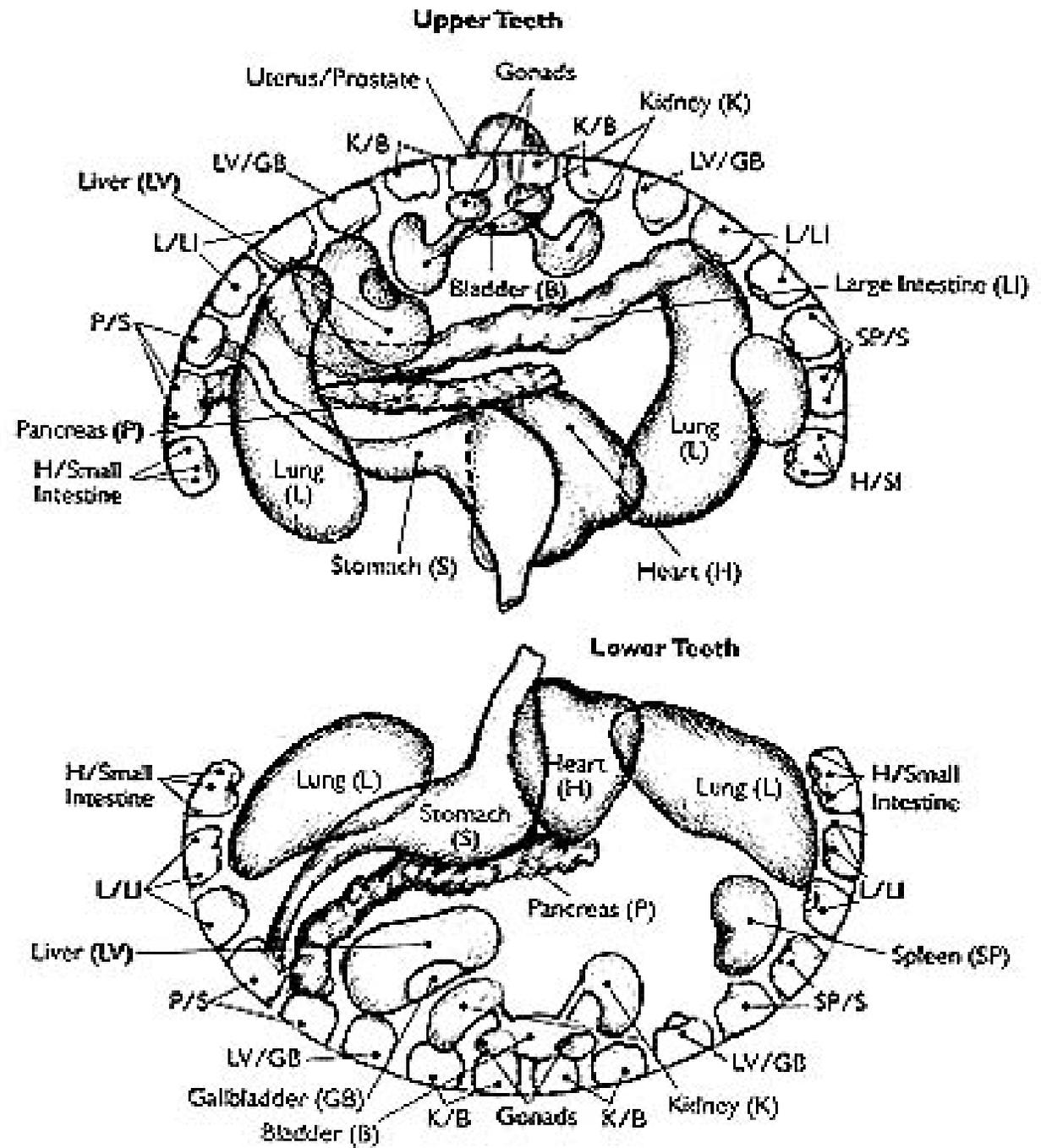
Neural therapy for scars



Neural therapy for localized pain



Dental and organ relationships



Lab testing essentials

- Thyroid panel- TSH, fT3, fT4 and antibodies
- Chem panel and CBC (WBC's less than 4.5 strongly indicate to test for Borrelia)
- Genetic testing of detox pathways to identify glutathione or methylation defects, among others
- Hair metal analysis (good 1st step since not requiring provocation)
- Porphyrin testing
- Herpes, EBV and CMV viral panels
- Complete stool panel (CDSA)
- Vit D levels (25 hydroxy and 1,25 hydroxy)
- Coagulation studies or fibrinogen
- Hormones/Adrenals

Lab testing (cont)

- Food allergy testing (either by blood, ART or electrodermal testing)
- ANA
- CRP and ESR
- CD57
- Western Blot for Borrelia (Lyme) using Igenex or MDL
...Since it is looking for an antibody response, it is ideal to first treat with herbs for at least 6 weeks before testing if the condition is chronic
- Fry's Lab and Central Florida Research Lab also offer useful Lyme labs
- Checking for co-infections (Igenex or Fry's)
- Urinalysis for metals and minerals, following provocation (DMPS, DMSA or EDTA)

Physical Exam

- Feel for swollen lymph nodes
- Look for allergic shiners (thyroid, food allergies)
- Look for discoloration around the mouth (often a sign of parasites)
- Feel skin texture, especially on the back of the arms (vit A, EFA's)
- Look where the patient carries their weight
- Pupil dilation or brown spots in the iris
- Rashes or streaks
- Sock lines
- Skin color (gray, yellow)

Non-prescription Lyme treatments

- To reduce the virulence of co-infections, it has been my preference to start treatments with more broad spectrum herbs, then switch to prescription antibiotics if needed
- **Samento** (work up to 30 drops daily or more in water or juice with electrolytes)
If tinctures are not tolerated I like Raintree Nutritionals Cat's Claw
- **Noni** (up to 6 dropperfuls daily, more effective for Babesia)
- Researched Nutritionals **Transfer Factor LymPlus**- 1-4 daily
- **Cumanda** (up to 30 drops daily or more)- this has proven great for us with chronic arthritis related to Lyme
- **Banderol** (for viruses and Lyme co-infections also)- up to 30 drops daily or more
- **PhytoLymex** by Nutriwest- up to 3 tsp daily
- **Andrographis paniculata**- protective against neurodegeneration and excreted rapidly via the kidneys- tinctures taste horrible, but work well. The pill versions are tolerated better and in my experience have lasting effectiveness, even against Bartonella.

Non-prescription Lyme treatments...

- **Polygonum cuspidatum** (aka Japanese Knotweed)- Increases brain microcirculation and decreases autoimmunity- especially useful when there are some neuropathies
- **Stephania Root** tincture- great for associated viral issues
- **Artemesinin**- pulsed for Babesia and parasites
- **Rizol oils** (ozonated essential oils)- great for stubborn parasites and skin ailments and difficult to treat infections- these can be used orally, topically or in a neti pot
- All tinctures seem to work better when taken in water with **electrolytes** and **Phospholipid Exchange** to enhance absorption
- **Colloidal Silver**- dosage varies with the product
- **SpiroNii/Teasel Root** (work up to 3 Tablespoons daily)
- **KMT** technology programs 1 and 2 (BioTools, www.klinghardt.org)
- **Coriolus**

Clinical signs of parasites

- Rashes on the chest or neck
 - Discoloration around the mouth
 - Males often have risky behaviors
 - Aggravations around the full moon (bloating, irritation, etc)
- 

Treating Parasites

(the most difficult to lab test, but the first thing to treat)

- BioPure organic freeze dried **garlic**
- **Artemisinin** pulsed in high doses 3 days on every 2-3 weeks
- Vermox/**Mebendazole** (100mg BID * 3days, then repeat after 3 weeks)
- **Biltricide** (600mg TID for one day then repeat in 2-3 weeks)
- **Tinidazole** for giardia/amoebas (500mg BID for 10 days, usually following a different parasite treatment)
- **Albendazole** (28 day course)- rarely needed in kids and typically only for severe neurological symptoms that have not resolved with other treatments
- **Alinia** (dose varies)- 20 day protocol is great for MS and Babesia
- **Herbal Cleanses** (Dr. Natura Colonix, Botanifuge...)
- **Salt/C**
- It seems to be very effective to follow prescription parasite medications with **homeopathic support** or the parasite CD for at least another month

Clinical signs of yeast/fungus

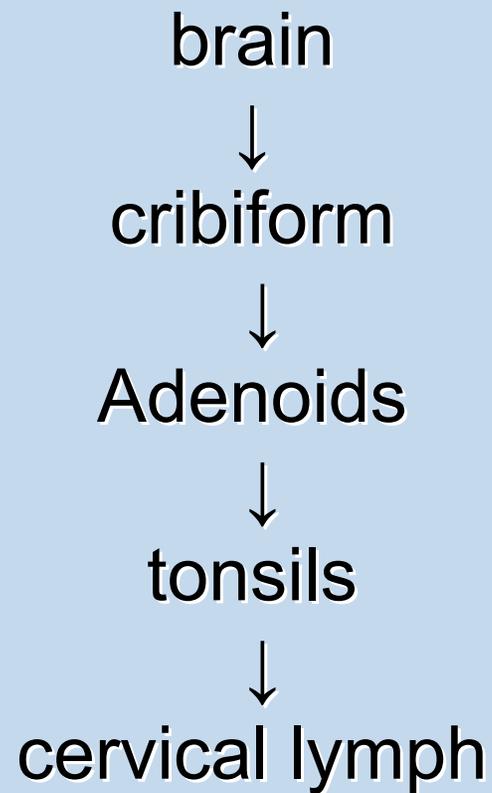
- Gas and bloating
- Lower abdomen is resistant to weight loss
- Kids- high pitched squealing, silly , flushed cheeks and stimming
- White coating on the tongue
- Brain fog and fatigue
- Vaginal or anal irritation/itching/redness
- Headaches
- Weakness/ fatigue
- Sugar cravings
- Stabbing sensations
- Light sensitivity
- Rashes
- Memory loss or concentration difficulties
- Joint pain and morning stiffness
- Shortness of breath
- Sinus congestion
- Numbness and tingling
- Skin sensitivity
- Muscle aches and pains

Treating Fungal Issues

- **Diflucan** (Fluconazole) for 1-3 months continuous (this also helps to address the Lyme issue)- it is also inexpensive now
- **Nystatin** for 1-3 months or longer
- **Amphotericin B** (250mg BID oral dosing for 6 weeks)
- **Yeast/Fungal Defense** by Transformation Enzymes
- **Candidid Forte**
- **Probiotics** (like Klaire Therbiotic Complete, Metagenics Ultra Flora Plus or BioImmersion Beta Glucan probiotic to stimulate gut immunity)
- **KMT** program #6
- **Uva ursi** or **Pau D'Arco**
- **Saccharomyces**
- **Grapefruit Seed Extract**- (hint: it hides best in grapefruit juice)
- **Colloidal Silver**
- Order **mold test plates** for the home <https://moldlabintl.com>

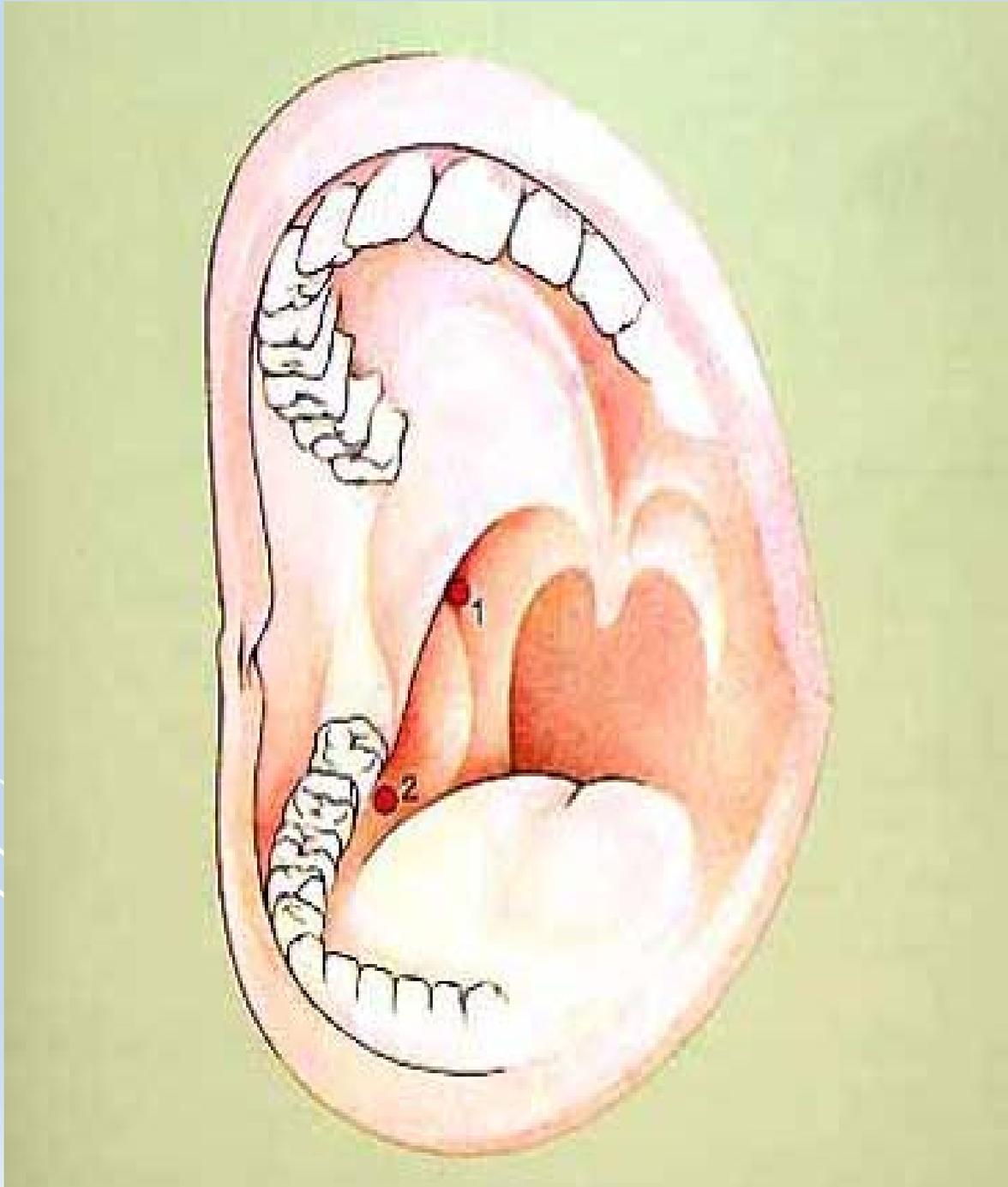
The Tonsils

Congestion in this area due to chronic infection is common and leads to back-up of lymph flow and detox out of the brain



Treating the tonsils

- **Pleo Not, Pleo San Strep** and/or **Pleo San Pseu** (5 drops BID-TID for 6 weeks to treat acute infection, followed with **Pleo Sancom** for up to 1 year)
- Look into **neural therapy** if visible scar tissue from childhood surgery or notable throat or sinus symptoms
- Reduce **food allergens**, especially dairy
- **Lymph drainage** remedies like Heel's Lymphomyosot, Lymph Stim Liquescence or Transformation Enzyme's L-Drain are helpful
- Manual Lymph drainage or a **rebounder**
- It may also be necessary to have the bite evaluated for **occlusal problems** disrupting lymph flow (easy first step is a night guard)
- **KMT** treatments to stimulate lymph drainage
- Get an **air filter** for the bedroom
- **BioPure Rizol oils** topically to the submandibular area
- **Regenerative cryotherapy** (Dr. Dorochov, www.kryopraxis.de)
- Heel **tonsilla compositum**- 1 vial orally each week for 1 year or more



Clinical signs of viruses

- Bell's palsy
- Burning pains or neuropathies
- MS symptoms
- Tinnitus
- Fatigue
- Elevated WBC's when symptoms get worse
- Enlarged lymph nodes
- Cold sores or canker sores

Treating Viruses

- **Vitamin A** (some are using up to 400,000IU daily for 2 days every 6 months)- especially for kids
- **Selenium** (liquid drops are easy to take in divided doses)
- **Monolaurin** or **Lauricidin** (especially if symptoms became worse after a cold or flu or there is known EBV)
- **Olive leaf** (I prefer a liquid cap by Gaia Herbs)
- **Mycophyto Complex** powder (steeped in hot water for at least 10 minutes) or several other mushroom products are great
- **Lomatium tincture**
- **Valtrex**
- Researched Nutritionals **Transfer Factor Multi-Immune**
- **Viral Detox** by Transformation Enzymes
- **Banderol, Stephania Root, Barberry, Japanese Knotweed**
- **Viral CD** played no more than once daily
- HSV 6 is a man-made immunosuppressive virus that is commonly found

Supporting the Kidneys

- This organ is an absolute must to support if you are chelating metals!!!
- **Renelix** by Pekana
- **BioPure Matrix Electrolytes** added to all fluids
- **Burdock** or **Dandelion** tea
- Nestmann **Solidago** tincture
- **Acupuncture/ Neural therapy**
- **K-Drain** by Transformation Enzymes
- **Emergen C** added to liquids
- Tapping on K27 whenever taking supplements

Function of the liver

- Detoxifies chemicals, drugs, hormones, etc.
- Stores vitamins (A,D,E,K,B's), iron & copper
- Manufactures clotting factors & transport proteins
- Produces bile & cholesterol (for steroid hormones)
- Houses many immune cells & filters blood
- Metabolizes proteins & synthesizes amino acids
- Converts amino acids to glucose (gluconeogenesis)
- Converts glucose to glycogen & glycogen to glucose
- Metabolizes fatty acids for energy
- Synthesizes lipoproteins & phospholipids
- Produces glutathione to bind heavy metals, etc.

Liver Support

(Suspect this is needed when the bowels are sluggish and the patient is not tolerating any antibiotics and is sensitive to most supplements and even foods)

- **Dandelion Root**
- **Ultrathistle** (milk thistle product that is easier to absorb)
- **Livit 1 and 2** (Ayush)
- **Castor oil packs** over the liver with heat for up to 50 minutes daily
- **Coffee enemas**, especially when Herxing (not on very young children)
- **Colon hydrotherapy** or liver flushes (under care of a practitioner)
- Ensuring regular bowel movements
- Treating candida/yeast
- **Pleo Rec** topical over the liver
- Neural therapy with Heel **Hepar compositum** or **Hepeel**
- **Phosphatidyl Choline** and **Glutathione IV**
- Designs for Health **PaleoCleanse** or **Amino D-tox**

Heavy Metal Detox

- Clear the excretory organs first, before chelating the brain
- Remember: Lyme infections deplete minerals (esp. Mg) and treating infections helps to restore mineral balance
- **DMPS, DMSA or EDTA** (it can be safest to start with EDTA)
- **Transdermals** can bypass the gut if digestion is very sensitive
- Dr. Neubranders **mB12** protocol (methylcobalamin)- www.drneubrandner.com
- **BioPure Chlorella pyrenoidosa** or **CGF Chlorella** (the CGF chlorella is often tolerated better in women when you first start)
- **Modifilan-** (brown algae that binds metals and helps to balance hormones)- Start with 2 daily and work up to 6
- **Phospholipid Exchange** (small daily doses like 1 tsp daily in women, up to 1 Tablespoon daily in heart conditions)- contains alpha lipoic, magnesium, EDTA and phospholipids

Heavy Metal Detox, cont.

- **BioPure CGF liquid**- a good mobilizer and early intervention
- **BioPure Cilantro tincture** (orally up to 20 drops in hot water or topically along the lymph)
- **NDF** or NDF Plus
- **Multi-minerals** (especially on the non-chelating days...liquid forms seem easiest to absorb and tolerate)
- **Toxaway foot bath**- turns on the kidney detox
- **Glutathione** nebulized or nasally
- **Metal Free** or **PCA-Rx**
- **Algas Metal Detox** (Nutramedix)
- **Greens** and **vit C** help to flush the body and protect you during metal detox

The importance of trace minerals

- Chromium-regulates blood sugar/metabolism
- Vanadium-helps control blood sugar
- Iodine-affects metabolism via thyroid hormone
- Selenium-anti-oxidant(in glutathione peroxidase)
- Rubidium-for normal stomach function
- Iron-binds oxygen in red cells & muscle
- Molybdenum-aids liver detoxification.
- Lithium-helps form neurotransmitters
- Copper-forms hemoglobin & collagen; in SOD
- Zinc-in metabolism,detox,immunity,reproduction

Importance of basic minerals

- Calcium-contracts muscles; strong bones/teeth
- Magnesium-relaxes muscles; helps metabolism
- Phosphorous-builds bones; makes ATP energy
- Manganese-aids metabolism; anti-oxidant(SOD)
- Sulfur-crosslinks proteins in skin,hair,joints,etc.
- Silicon-builds bones and connective tissue
- Boron-aids steroids to stimulate healthy bone
- Potassium-aids nerve function/electric potential

The role of basic vitamins

- Vit.A- helps vision, immunity & mucosae
- Vit.D- regulates calcium; reduces cancer risk
- Vit.E- anti-oxidant; protects cell membranes
- Vit.C- anti-oxidant; forms collagen/hyaluronate
- Vit.B1- metabolism cofactor(energy production)
- Vit.B2- makes FAD/FADH (energy intermediate)
- Vit.B3- makes NAD/NADH(energy intermediate)
- Vit.B5- makes coenzymeA(energy intermediate)
- Vit.B6- metabolism cofactor(energy production)
- Vit.B12- helps nerves & bone marrow (blood)

General Detox Support

- Dr. Neubrander's **methylcobalamin** s.c. injection protocol or nasal spray
- Designs for Health **Amino D-tox** and **PaleoCleanse** (great overall detox support)
- Epsom salt and baking soda **baths**
- **Coffee enemas** or **colon hydrotherapy**
- **Castor oil packs**
- **Avoiding food allergens**
- Getting plenty of **liquids**
- **Magnesium, B6, zinc**
- Heel **coenzyme compositum** s.c. 1x/week to turn on ATP production
- **Fibercleanse** for toxin binding, especially when on antibiotics or Lyme treatments (www.newsunhealth.com)- be cautious of psyllium

General Detox Support, cont.

- **Cod Liver Oil** by Carlsons or Nordic Naturals
- **Probiotics** (Pharmax HLC, BioImmersion Beta Glucan Probiotic or many others)
- Pause during a crisis and provide support (especially for gut and kidneys)
- **Kenriko detox foot pads**
- **Dr. Cowden's Laser Detox**
- **IR Sauna**
- Keep bowels moving (**OxyPowder** and other magnesium products often work well)
- **BioBuilde** amino acids that act as collagen and protein building blocks
- BioImmersion **Blueberry** (neuroregenerative)
- Support the **adrenals**

Hypercoagulation (aka “sticky” blood)

- May see elevated platelets, abnormal PT, increased fibrinogen
- Best test is from Hemex Labs (ISAC panel)
- Key is to take the following treatments *AWAY* from food
- Non-heparin treatments that work well:
 - Boluoke- up to 3 daily
 - Nattokinase- up to 3 daily
 - Lumbrokinase- up to 3 daily
 - Rechts Regulat- 1 Tablespoon twice daily
 - Wobenzym N- starting at 4 twice daily and increasing
 - Vitalzym X- starting at 4 twice daily and increasing

Toxin Binders to help when Herxing:

- Cholestyramine
- Fiber (non-psyllium)
- Chlorella
- Modifilan
- Apple pectin
- Butyrate
- Bentonite
- Activated Charcoal

Resources

- www.klinghardt.org for ART seminars and videos
- www.healthmarvelsdetoxpatch.com for detox foot pads
- www.betterhealthguy.com for very useful information on all of the newest Lyme treatments and resources on products
- www.biopureus.com for all of the BioPure products
- <https://moldlabintl.com> for mold test plates

“Great spirits have always
encountered violent opposition
from mediocre minds.”

...Albert Einstein

