

## NOTES FROM BUHNER CONFERENCE ON TICK-BORNE DISEASES June 15, 2013 Sturbridge, Massachusetts

I was thrilled to get the chance to travel to Massachusetts earlier this month to attend a one-day conference with master herbalist Stephen Buhner, who spoke on tick-borne diseases. Buhner is the author of “the Bible” of treating tick-borne diseases using herbs – the book is entitled “Healing Lyme”. Most recently, he authored a fabulous book entitled, “Healing Lyme Disease Co-infections – Complimentary and Holistic Treatments for Bartonella and Mycoplasma” (costs less than \$12 from Amazon.com), and another recent book worth looking into is his book entitled, “Herbal Antibiotics – Natural Alternatives for Treating Drug-Resistant Bacteria”. The conference was loaded with great information that I wanted to share with you all.

\*\*Disclosure time....These are my notes of what I interpreted the speaker to say. These are only my notes. Please do your own study using the books noted above, as well as Buhner’s website [buhnerhealinglyme.com](http://buhnerhealinglyme.com). Herbs are very potent medicines – some have side effects – and you should discuss the use of any herbs with your doctor. Neither I nor the LDAESM are advocating the use of herbs or Buhner’s protocols.\*\*

There. Now that that is over, let me share with you some of the pearls of wisdom I gleaned from the discussions. A couple of months ago, I shared with our Facebook followers an interesting blog post on Lyme disease by medical intuitive, Laura Bruno (also the author of “If I Only Had a Brain Injury”). In the blog, she expresses her belief that Lyme disease is “given” to us to help us to grow on a personal (and often times, spiritual) level. She states that most of the people she knows who have had chronic Lyme disease, have gone through many positive personal changes. I have found this to be true, also. In my work with the LDAESM, I am constantly amazed at the positive transformations of so many people, including myself, as a result of their journey with tick-borne diseases. Anyone in the midst of the “bad times” with Lyme – the terrible suffering stages – may not be able to appreciate this fact yet, but keep the faith – you, too, will most likely come out the other side a changed person (for the better).

Stephen Buhner began the day with an incredible dissertation along this same thought process. He stated that Lyme disease changes people, unlike any other disease that he has treated in his many years of experience. Here’s some of the quotes that I wrote down from his eloquent speech:

“The old life gets stripped away.”

“A tremendous rebirth can happen on the other side of treatment.”

“We find parts of ourselves that we did not know we had, and we become a different person.”

“There is nothing like a good chronic disease to raise our awareness.”

“The Lyme Complex entails such a journey for many people.”

“In the people that I’ve met with chronic Lyme, they take a journey to the depths of the self.”

“The organisms themselves are our teachers.”

“The people who really want to get well are pissed. They’re not going to take it any longer.”

“The Lyme Complex demands we let go of our pre-conceptions and that is really hard to do.”

“We have to let the disease teach us something about ourselves, our environment and how we encounter disease.”

**Nature of Bacteria.** Buhner then talked about the nature of bacteria. He stated that the problem with much of the medical community is they believe that bacteria are stupid, non-thinking, easy-to-treat organisms. He read some really cool quotes from some studies on the nature of bacteria, which describe their complex structures and actions; evidence of their highly intelligent nature; their abilities to communicate with each other and with other kinds of bacteria; and the incredible lengths they go to in their quest to survive. Buhner stated that bacteria have a highly developed neuro network (in other words, a “brain”). What they learn, they pass on to descendants.

An important concept to remember is that the bacteria break apart host cells to get the food they need. We have to understand this in order to treat them.

**Understanding the Bacteria.** Okay....hold on to your seats.....Stephen spoke for a few minutes about the importance for Lyme patients to *understand* the bacteria which is causing their illness. He said it a lot, so let me say it again....we need to have a *personal understanding* of the bacteria. We need to take the time to *communicate* with the bacteria within our bodies. To picture them; to understand what they are looking for; what they need. What they consider their purpose. *They have needs, and we need to care about them.* How's that for a different approach??!! Stephen said, "Everything starts with understanding and caring about who they are. This change makes healing easier."

***"It is easier to get microbes to let go of what they are doing by caring about them,"*** he added.

Here's my analogy to help you understand what he was saying: Think about your kids – how do you get them to do what you want them to? If you treated them like crap all the time, what would happen? They would probably rebel and fight you all the time. However, if you express love to your children, they react differently, don't they? If you lovingly ask your child to do something, it tends to diffuse any fight.

When I told a friend, who is a medical professional, about what Buhner said on this issue of *caring* for the bacteria inside our bodies, she was astonished at how simple the concept is, and how it is in tune with Quantum Physics teachings. She stated that in Quantum Physics, it is said one can only heal when unconditional love is present. When we hate the bugs in our bodies, we create resistance. This resistance, then causes negative energy which keeps us from healing. She didn't say the teaching was easy – just said that Buhner made sense with other teachings.

Buhner says these bacteria are not "alien invaders that you want to just kill". He explained that the organisms causing the Lyme Complex used to live in other larger mammals. However, because of human overpopulation and ecological destruction, many of the larger mammals have been reduced in numbers – or even close to extinction – so the bacteria had to find other hosts, and they found humans. AIDS was the first huge bacterial migration to humans.

You guys have heard me suggest a number of times that we shouldn't get bogged down with whether we ever get entirely rid of the bacteria – that instead, we learn to live in harmony with it. It seems as though Buhner is taking this thought to the next level and suggesting that we live harmoniously with the bacteria throughout our entire

treatment phase, too. Something for us to think about. It's worth taking a minute to contemplate his thought once more – "It's easier to get microbes to let go of what they are doing by caring about them".

Buhner suggested using "guided imagery" in which we can imagine the bacteria sitting in front of us; meditate with them; talk with them about having a relationship. Let them know we don't care if they are there, we just do not want them to continue to hurt us or to kill us. Doing this does three things: 1) takes our fear away; 2) makes us feel more empowered; and 3) has a huge positive impact on our health. The spirochetes and other bacteria that we do this with will know we are not hostile to it, and they will stop doing so much damage.

He added that we *need* bacteria to live – we're made up of bacteria. Buhner stated that "these are the worst guerrilla fighters in the world and we've really pissed them off with antibiotics use, including antibiotic hand soap. If they had not become resistant to antibiotics, we would all be dead by now."

**The Health of the Immune System Matters.** It was when AIDS became an epidemic, Buhner said, that doctors really figured out the immune system is important. Where the immune system is concerned, Buhner made these points:

- The severity of symptoms [from tick-borne diseases] is directly related to the health of the immune system.
- The immune system has to be addressed during treatment.
- These are stealth pathogens and they are good at hiding from the immune system and from pharmaceutical drugs.
- Lyme Complex pathogens are synergistic with each other, and infections with two or more organisms is the rule, not the exception. The bacteria actually work together to produce many effects.
- There is no one right way to treat these diseases. [Meaning that some people say "you have to do this" or "you have to do that" to treat tick-borne diseases, but Buhner says, there's no one right way. There's herbs, antibiotics, homeopathy, essential oils, and more.]
- The Lyme Complex of pathogens should more accurately be considered a "swarm", not a "spread" of infection [when they enter the host's body].

**Biofilms.** Buhner's opinion of bacteria biofilms is different than what we have learned from many in the Lyme community, which means that we – as patients – need to do our

own research and form our own opinions. It is his opinion that it is not necessary to break up biofilms to get well. When biofilms are broken up, he said, the bacteria are then spread throughout the body, where previously, the bacteria were in one place. Again, we need to form our own opinion after doing some research on this subject.

For treating biofilms, the following can be useful:

NAC (N-Acetyl Cysteine) – 2,000 mg 2 times daily

Greater celandine – ¼ teaspoon 3 times daily

Royal Jelly – 1 teaspoon 3 times daily

**Nature of plants.** Plants have been around since the beginning of the Earth. They have had to survive bacterial and fungal infections, as well as many different types of parasites. They have developed many tools to deal with these organisms, and these actions are transferred to us as we consume plants as medicine.

### **Miscellaneous Thoughts:**

Each of us has our own Lyme bacteria – they change in our bodies by joining with our DNA and with the other bacteria and pathogens.

The whole concept of “co-infections does not work anymore – all tick-borne diseases are stealth and one may be the main and Lyme of lesser importance.

Buhner and his partner treat the infection which is demanding the most attention – in other words, based on the patient’s symptoms. They address the most acute symptoms and whatever is keeping the patient from sleeping.

He finds that many patients are suffering from fear.

There is no way to work with Lyme patients without spending a long time with them – the conventional 8 minutes given by most physicians does not cut it. This is forcing our medical paradigm to shift and many doctors do not like that.

Lyme Complex patients need the caring of their doctor, and the compassion of touch. Buhner considers the failure to provide this type of care and compassion to be malpractice.

Lyme patients are like canaries in a coal mine – they are an early warning sign that changes to our medical system are coming [because doctors have to change from the normal procedures to care for Lyme patients].

Everybody else in the world [except American doctors] understands that herbs work.

When organisms get in the body, they create a symphony of responses.

It's important for patients to learn to adapt to their limitations, while still having a high quality of life. For example, managing energy levels and knowing limitations. Having to say “no” to some activities doesn't constitute a low quality of life.

### TREATMENT PROTOCOL

Buhner said there is a new science which studies bacterial cytokine response. In his book on bartonella and mycoplasma, Stephen explains this “cytokine response” as follows: “Cytokines are small cell–signaling molecules released by the immune system, and the glial cells of the nervous system, that are important in intercellular communications in the body. In practical terms, when a bacteria touches a cell, the cell gives off a signal, a cytokine, that tells the immune system what is happening and what that cell needs. Each type of infectious bacteria initiates a particular kind of cytokine cascade, that is, an initial and very powerful cytokine is released into the body, that initial cytokine stimulates the production of others, and those still others – all of which have potent impacts on the body. It is these cytokines, in fact, that create most of the symptoms that people experience when they are ill. [Underlined for emphasis]”

Buhner explained that his protocol for treating tick–borne diseases is to stop the cytokine responses caused by the organisms, and the result is that you take away the environment that the bacteria need to survive. By interrupting the cytokine cascade, you stop the cellular breakdown so the bacteria cannot get any nutrients from the host.

There are five parts to Stephen's treatment protocol:

1. Inhibiting the cytokine cascade;
2. Enhancing immune function;
3. Relieving specific symptoms;
4. Provide antibacterials as needed;
5. Support of human contact, which he considers essential.

As far as his and his partner's experience with this treatment protocol and patient outcomes, he said that they have a 75% cure rate (patients stay symptom-free); 15% need to take some maintenance herbs to remain symptom-free; 5% get some help; and 5% get no help. He mentioned that he doesn't like to use the word "cure", as he doesn't believe the bacteria leave our body completely. Instead, he strives for his patients to be "symptom-free".

\*\*Buhner did note that with tick-borne diseases, he believes pharmaceutical drugs (antibiotics) are very necessary to turn around an acute condition, however, he prefers short-term antibiotic use, then using plants if more help is needed.

**Dosages:** Dosages, he said, are person-specific - some need lots and some need only a little. He always recommends that patients start herbs slow and work up to higher dosages. He added that you won't feel right when you've gone over your perfect dosage, and it is at that time, that you need to back off the dosage to a point when you feel right taking the herbs.

With regards to children, Buhner takes the child's weight, divided by 150. So for example, in the case of a 30 pound child, the formula would be: 30 divided by 150 = .20 or a fifth of the amount used by an adult.

In pregnancy, a lot of herbs are contradicted. Homeopathics can usually be used.

With regards to pulsing, Buhner doesn't advocate this practice, because the purpose of the protocols are to stop the cytokine cascade, and for that purpose, it isn't good to pulse the herbs. The only exceptions are: 1) Artemisia, which he says works well with a 7 day on / 7 day off pulsing program; and 2) Eleuthero which works good with a 10 day on / 5 day off schedule. He added that with Japanese Knotweed, it is especially not a good idea to pulse this herb.

**Best Time To Take Herbs:** Usually before eating or at bedtime. Can mix them altogether.

**How To Tell Which Herbs Are Right For You:** In the protocols listed below, you will notice that there are several herbs to treat each organism. However, all of the herbs don't work for all people. To test which herbs will work for an individual, Stephen puts a drop of an herb in the patient's mouth and then watches the patient's physical reaction. All of the herbs taste bad, so it isn't about whether the patient likes the taste – it's about the patient's bodily reaction to the herb. He said that when a person's body wants the herb, there will be a noticeable relaxation of the muscles, a slight smile may appear, there may be a flush of color to the face, and the eyes may shine. When the person's body doesn't want the herb, there will be a slight frown on the face and a tensing of the muscles.

During the conference, the owner of Woodland Essence ([woodlandessence.com](http://woodlandessence.com)) passed herbs around for the audience to taste. It was really amazing how when we placed a drop on our hand and then tasted the herbs, we could really get a feeling for whether our bodies wanted the herb or not. One of the funniest moments for me was when the woman sitting next to me tasted Cryptolepis. Any of you who have taken Crypto know that it is one of the worst tasting things known to man, but when this lady tasted it, her immediate reaction was, "Oh! That tastes great!" I looked at her and said incredulously, "Did you just say that tastes great?" Her answer that was that she said it, but didn't mean it, because it tasted horrible, but "that tastes great!" came out of her mouth. She said it was her body's reaction to wanting the herb so much that made her say it tasted great when her tongue said something different. This was an extreme case of what Stephen was talking about with the your-body-will-tell-you thing.

**Herxheimer Reaction:** Only about three quarters of the people he has worked with get a Herx reaction, because he tries to avoid it. If a person does have a herx reaction, the following can help the symptoms:

Castor oil packs

Chlorella – 1 teaspoon to 1 Tablespoon per day

Milk thistle

Powdered Zeolite – works well, but don't inhale it! 1 tsp. to 1 Tablespoon a day mixed in water

Clay

**\*\*LYME PROTOCOL\*\***

Stephen says the core protocol for treating Lyme is:

Japanese Knotweed –1 tsp. to 1 T. 3 times a day

Cats claw (or sometimes called Samento) –1 tsp. 3 times a day

Japanese knotweed reduces inflammation throughout the body. He noted that Japanese knotweed can cause a loss of taste for some people, and some report a metallic taste in their mouth with use – both of which will go away once the herb is stopped. During one of the question and answer sessions, it was also noted that Japanese knotweed may increase estrogen in some people. He also noted that Cats claw helps to raise CD57 levels; and is good for Lyme arthritis.

He used to have Andrographis listed in his core protocol, but has since found that it only works in about 60% of patients, so he no longer lists it as a “core” herb. About 1% of the people who take it get bad hives that take up to a couple of weeks to resolve, even though there is no mention of this side effect in any of the published literature.

Other supporting plant-based, complimentary treatments include:

1. Rhodiola
2. Eleutherococcus (also known as Siberian ginseng)
3. Ashwagandha
4. Fucoidan – 75 mg 2 times a day

I didn't know what this last one was, so I looked it up. Here's what the

Memorial Sloan Kettering Cancer Center website says about this:

Fucoidan is a sulfated polysaccharide found in the cell walls of many species of Brown seaweed. In vitro studies show that fucoidan has antitumor, antiangiogenic <sup>(2) (3) (4) (5) (6) (7)</sup>, antiviral <sup>(15) (16)</sup>, and immunomodulatory <sup>(17)</sup> effects. These effects are brought about by stimulating natural killer cells and by down regulating AP-1 involved in cellular proliferation. Fucoidan also exhibited neuroprotective <sup>(11) (12)</sup>, radioprotective <sup>(13)</sup>, and antiulcer <sup>(14)</sup> properties but human data are lacking.

In other studies, fucoidan demonstrated anticoagulant <sup>(8) (9)</sup> and antithrombotic <sup>(10)</sup> activities, and can have additive effects when taken with anticoagulants.

You can go to their website to see the references.

Buhner noted he uses the same protocol for people with new Lyme infections as those people who have had Lyme disease for years.

**Astragalus:** Also, Buhner spoke about Astragalus. In his book, “Healing Lyme”, he suggested that everyone living in an endemic area for Lyme take Astragalus as a

preventative measure, because the herb reportedly keeps that portion of the immune system that tick saliva “turns off” to stay strong and not be “turned off” – thus preventing the Lyme bacteria from taking a foothold in our bodies. However, Buhner also stated in his book that if a person has undiagnosed chronic Lyme disease, taking Astragalus will cause symptoms of Lyme, or in some cases, worsening symptoms.

However, at the conference, Buhner stated that he has seen some people with chronic Lyme get better from taking Astragalus. So now he says it’s worth trying even with chronically ill Lyme patients, because it is such an important immune system booster. He added that if the person’s symptoms get worse, simply stop taking it.

As a preventative, Buhner recommends 3,000 mg per day during tick season and 1,000 mg per day during the off season.

**Collagen Support:** Buhner mentioned that Lyme scavenges collagen tissues, so it is important to stimulate collagen production. His favorite tool is a Glucosamine/MSM product that he gets from Amazon.com which has 1500 mg of glucosamine and 1500 mg of MSM – 2 tablets in the a.m. and 2 tablets in the p.m.

He said homeopathic Guaiacum also works good – 30c 10 drops 3 times daily.

### **Symptom Support in Lyme:**

**Bells Palsy:** Stephania can help with Bells palsy, and Kudzu root is also good. Up to 1 teaspoon of each or either 3 to 4 times a day.

**Lyme Arthritis:** Teasel is good for arthritis symptoms. Other arthritis helpers are Devils Claw (1–2 grams 1–2 times daily); and Curcumin (400–500 mg per day). Homeopathic arnica is good for helping with arthritis pain.

**Neuro Lyme:** Buhner spoke about how the neurological symptoms caused by Lyme are determined by what part of the brain is experiencing inflammation. For example, if the amygdala is inflamed, the patient may suffer personality changes; or if the hippocampus is inflamed, the person may lose the meaning of things.

He further explained that everything we see or do feeds into the central nervous system (“CNS”) through “doors and gates” that limit the amount of data that gets to the cerebral cortex, so that by the time the data gets to the cerebral cortex, very little data

actually gets through. These are referred to as “sensory gating channels”. Some Lyme patients develop extreme sensitivity to light, sound or chemicals, because that part of the brain that manages the sensory gating channels gets affected. It is another reason why some Lyme patients hear more things than normal, and why some develop schizophrenic disorders. Treating inflammation in the brain, Buhner says, will take care of this problem.

He considers two categories of herbs for the treatment of neuro Lyme – “acute” and “tonic”. The acute herbs that he uses when someone is suffering from neurological Lyme symptoms are:

Chinese senega root – it works the fastest (often within 48 hours); 30 drops 3 times daily for 30 days

Kudzu root – ¼ teaspoon 3 to 4 times per day, but you can go higher

Greater celandine – ¼ teaspoon 3 times per day

“Tonic” herbs include:

Lions mane (a type of medicinal mushroom) – 1 teaspoon 2 times daily

Cordyceps – ¼ teaspoon 3 times daily

Chinese skullcap (also known as Baikal skullcap) – ¼ teaspoon 3 times daily.  
This herb also helps with lowering anxiety.

\*\*Buhner said that when the central nervous system is involved, it is very important to pay attention to small, tiny shifts and to adjust the treatment accordingly.

When asked if damage done by Lyme can be healed, Buhner replied that he believes with time and the proper herbs, damage can be reversed.

**Swallowing Problems:** Ailanthus (also known as “tree of heaven”) 3 drops 3 times daily. The essential oil of black pepper can also help.

**Chronic Fatigue:** He uses an herbal blend that he says is very effective in boosting energy. He buys a pound of each of these herbs, shakes them up together so

they mix well, then uses ¼ cup mixed in juice in the morning and the evening. Says this will turn around fatigue. Use all of the following herbs:

Astragalus	Spirulina
Eleutherococcus	Dried Wheat Grass Juice
Dandelion root	Dried Barley
Burdock root	Dried Nettle
Licorice root	Ashwagandha
Chlorella	

**Peripheral Nerve Pain:** All of the same herbs used for neuro Lyme are also good for this symptom, but in addition, one may try:

Homeopathic Hypericum 30 c – good for nerve pain

Lemon balm essential oil

Theramine – This is a prescription nutrient supplement that some Lyme patients are reporting gives miraculous recovery from nerve pain. He added that he has never used it himself, but many patients are saying it works extremely well for taking away pain.

**Seizures:** To treat Lyme-induced seizure activity:

Chinese skullcap – 1 teaspoon up to 6 times a day

Chinese senega root – 30 drops 3 times per day, but can go higher

Two other herbs that are helpful are:

Pedicularis (also known as American wood betony)

Motherwort

He said that with regards to these last two herbs, “take as much as wanted” – he has taken as much as an ounce of each. \*\*It’s important to take tinctures made from fresh herbs when taking Pedicularis and Motherwort.

**Low Energy:** Low energy is due to the negative effect Lyme has on the mitochondrial cells. He uses:

Motherwort – protects and re-energizes mitochondria

L-arginine

Pine Pollen – increases testosterone and helps muscles and strength come back

**Anxiety and Panic:** Vervain is good – any form, but blue vervain is standard. Homeopathic Pulsatilla is also good. Also good is Pasque flower tincture – 10 drops every hour as needed.

**Sleeplessness:** Things to use include:

Homeopathic Sleep Forte 30c – dosage as on the label

Homeopathic Rescue Sleep 30 c – dosage as on the label

Homeopathic Coffee – this one is really good when the person has a racy mind

Liquid Melatonin just before bed

Ashwagandha – 1,000 mg just before bed

**Brain Fog:** Herbs to use include:

Lions Mane, Cordyceps, Chinese skullcap, Eleutherococcus, Chinese senega, and Rhodiola (didn't give dosages, so may be as listed above). Can also use L-arginine – 1,500 mg per day.

**Nighttime Leg Cramps:** Herbs to use include:

Calcium/Magnesium combo (1200 mg Calcium and 500 mg Magnesium)

Homeopathic Arnica

Homeopathic Hylands Leg Cramps

**Visual spatial issues:** Use the neuro Lyme herbs listed above.

**GI Problems:** Homeopathic nux vomica

**Loss of Weight:** Uses the following:

Fermented wheat germ (also good for mycoplasma)

Bone broth soup

Colostrum

Spirulina/chlorella combo

### **\*\* BARTONELLA \*\***

This is the most intense tick-borne infection and patients tend to be weaker. People can be infected with 19 different species. The disease is exceptionally common – at least 25 million people are infected as asymptomatic carriers (no symptoms so they don't know they have it). Many insects spread the disease – not just ticks. It is common in all animals that live with or around humans. Dogs and cats commonly carry four species. Bartonella specialize in infecting people. In 20% of cases of “fever of unknown origin”, Bartonella is the culprit; and in 30% of endocarditis cases. A study of 500 healthy people in Greece found that 20% of them were infected with Bartonella; and 30% of over 250 healthy people looked at in Germany were also infected with the bacteria.

The bacteria can also cause liver and splenic abscesses, eye problems, osteomyelitis, reproductive issues, skin lesions, encephalitis, homicidal rage, anemia, headaches (including migraines), photophobia, unexplained cough, bone pain, foot pain, neurological problems, strong anger, tingling/burning, memory loss, heart problems and others. Where antibiotics are concerned, Telithromycin and Erythromycin have the best outcomes.

Psychological problems can be common with Bartonella; and massive mood swings can also be a common symptom. Buhner told two stories to represent this issue. In the first, a woman was hospitalized every other month with homicidal rage, leading to a

diagnosis of schizophrenia. It took two years to turn her around due to the damage that was done to the neurological system. Teasel flower essence was the last thing that “topped off” her treatment. In the other story, a 7-year old child would repeatedly wake up in the night and assault her mother, causing her mother to have to hire a body guard while she slept. In cases like this, Buhner said, Chinese senega root is very important to use right away.

The bacteria infects lymphs almost immediately and then gets into the red blood cells. It lives in the endothelial cells and releases new bacteria into the body. Can cause blood vessel blockage (a common issue). Common to see problems with bone marrow on scans.

The primary concern of treatment is to protect the endothelial integrity (spleen, liver, heart, brain, blood vessels).

### **Primary Herbs To Interrupt Cytokine Cascade and Protect Endothelial Cells:**

Japanese knotweed – ½ teaspoon 3 times a day (tincture) or if in powder form, 1 teaspoon to 1 Tablespoon water 3 times a day

EGCG with quercetin – 800 mg EGCG/1,200 mg Quercetin per day; EGCG is an extract isolated from green tea and it works best when quercetin is added to it

Cordyceps – ¼ to ½ teaspoon 3 times a day; also increases energy and good for the brain

Chinese skullcap (or American skullcap if you use the root)

L-arginine – 500 to 1,000 mg 3 times daily; can reverse many action of Bartonella; \*\*if herpes is present, can activate herpes so shouldn't be taken by these patients

Sida acuta – 30 to 60 drops 3 to 4 times daily; \*\*Really turns Bartonella around. Protects red blood cells and addresses anemia really fast. However, if person takes too much, can have a worsening of symptoms so back off dose if start to feel worse – Buhner said there isn't anything in the literature that says this, but it is his experience that it happens.

Blend of Alchornea, Houltuynia and Isatis – blend all together in a container and take ½ teaspoon 3 times a day

Red Root – \*\*Very important to use.

Milk thistle seed – standardized 1,200 mg per day

Hawthorn tincture – for heart; normalizes function in the heart; very safe; ½ teaspoon 3 times daily

Rhodiola/Ashwagandha blend – ½ teaspoon per day

### **Bartonella Symptom Management:**

#### **Neurological Pain:**

Greater celandine – ¼ to ½ teaspoon 3 to 4 times daily

Kudzu root – ¼ to ½ teaspoon 3 to 4 times daily

#### **Tingling in Feet:**

Ashwagandha – 1,000 mg taken at night – may cause drowsiness so only take at night; will help with sleep, also

**Homicidal Rage:** – Chinese (a/k/a Baikal) skullcap

**Chemical Sensitivities:** Common with Bartonella; Homeopathic nux vomica helps

**Fatigue:** Schizandra

**Chronic Cough:** Bidens tincture – ½ teaspoon 3 to 5 times daily; \*\*has to be made from fresh herb; helps with mucous membrane issues anywhere in the body; most research has been done on Bidens pilosa. Protects red blood cells; helps with recurring urinary infections.

**Anemia:** Chlorella plus Cacao powder

**Testicular and Ovarian Pain:** Pasque flower

**Eye Issues:** Can take Stephania powder and make an eye wash (Gene's Greens is a good source for the powder). 1 teaspoon to a cup of water. Kate from Woodland Essence spoke up and said that many of her clients are using this eyewash solution for many types of eye issues.

**\*\* BABESIA \*\***

There are 110 species and over 10 infect people. Babesia alters its genetic structure to survive like the other tick-borne diseases. Studies have shown that 10% of the U.S. population is infected with Babesia, with most people being asymptomatic. Affects the lymphs, spleen and liver. People without a spleen get terribly ill so it's important that the spleen be supported during treatment. Relapsing Babesia is very common.

**Treatment Protocol:** Buhner noted that he has noticed a resistance in treating Babesia and the need to use higher dosages.

Brucea javanica mixed with Cryptolepis – an equal blend of each herb mixed in a container and then take ½ teaspoon 3 times a day for 30 days. Someone asked about the length of time that Cryptolepis can be used. Buhner said it is very safe and that people in Africa use it every day of their entire life in smaller doses.

Artemisia annua (also known as Sweet Annie) – works for some people, but does not think long-term use is good. Can take along with the Brucea javanica/Cryptolepis blend. Take for 7 days on and 7 days off.

Sida acuta – protects red blood cells; ¼ teaspoon 3 times daily; is very good to take for Babesia

Homeopathic Sepia – add if Babesia won't go away; Buhner has found that adding this has really helped many people

Blend of Chinese skullcap, Cordyceps and Licorice is good to help the immune system. Note: some people cannot take licorice, so know the side effects.

**Symptoms of Babesia:** He stated that the product Protrypsin by Metagenics is very effective at counteracting the symptoms of Babesia. 4 tablets 3 times daily

**Low platelets:** Salvia miltiorrhiza and Salvia angelica can help. These can also shut down septic shock, if present.

**Sweats:** Boneset tea is good for relapsing symptoms of Babesia, including sweats (add honey for the bitter taste).

**Air hunger/pressure on chest:** Cryptolepis seems to help

### **\*\*ERLICHIA AND ANAPLASMA\*\***

These bacteria cause severe inflammation. Infect the white blood cells, so when someone has Babesia or Bartonella with one of these, both their white blood cells and red blood cells will be infected. These infections can present with low white blood cell counts, low platelet, and liver and spleen enlargement. They exist intracellular in two different forms. Release new bacteria into the blood stream every few days.

Ehrlichia appears in about 20% of Lyme patients and causes more neurological problems. Sepsis and septic shock can occur.

**Treatment Protocol:** Protecting the liver is extremely important. Ehrlichia also strongly scavenges iron so supplementing with 50 to 100 mg per day is usually needed.

A blend of three herbs is used: Houttuynia, Licorice and Isatis mixed together and then take ½ teaspoon 3 times a day. Note: Licorice can cause side effects so familiarize yourself with them. This is a good antibacterial combination. They act as synergists and facilitate each other to make it a powerful blend.

Other supporting herbs to use:

Milk thistle to protect the liver

Red root to drain lymphs

Sida acuta to protect red blood cells and especially important if anemia is present

### **\*\*CHLAMYDIA\*\***

The herbs he goes to for this common co-infection are:

Alchornea – ¼ teaspoon 3 times a day

Sida Acuta – ¼ teaspoon 3 times a day

Bidens – ½ teaspoon 3 times a day

Licorice – 30 drops 3 times a day

Pleurisy Root – 30 drops 3 times a day

### **\*\*MYCOPLASMA\*\***

Mycoplasma are total scavengers, according to Buhner, and they take nutrients from the host. They are 400 times smaller than Bartonella; have no cell wall (which makes some antibiotics useless against them); and they have the most adaptable genome of all the tick-borne diseases. Look for nutrient depletion in patients with mycoplasma. There are 23 strains known to cause disease in humans. This bacteria is prevalent in our environment and we can contract mycoplasma infections through sexual activity, breathing (airborne), eating (can be on our food), or through an insect bite. Studies have shown that 75% of the American public has antibodies to mycoplasma, but they remain asymptomatic. Antibiotic treatment usually includes Doxycycline and Azithromycin, however, the bacteria are developing resistance to pharmaceutical drugs very quickly.

The bacteria likes cilia, and it is the primary thing it infects. [“Cilia” are hair-like structures that some cells have. The cilia wave to move the cells around, or they may move something around the cell. For example, cilia in the lungs protect against germs; cilia in the fallopian tubes help move the egg along.] It can also infect the whole ear, causing tinnitus and balance issues. Neurological symptoms are very common, including Tourette’s Syndrome, epilepsy, and seizures. It can also cause gastrointestinal issues, renal failure, and problems with reproductive health.

Buhner advocated a multi-step process for treating Mycoplasma:

1. **Have to replace nutrients.** He discussed the fact that some medical professionals advocate for not supplementing for nutrient deficiencies, because they believe this just feeds the bacteria, however, he advocates for replacing missing nutrients. He suggests finding out what the bacteria are eating in each particular patient and then supplementing those missing nutrients. [Again, this is a controversial topic so we, as patients, need to do a little research and figure out which way is best for us.]

Buhner added that a long-term infection with mycoplasma results in nutrient deficiency diseases. Amino acids are often affected. The patient can eat their way to health, but it requires eating red meat, so vegetarians won't be able to "eat their way to health". Diet alone, however, will take a long time, so he still uses supplements. Foods to eat with a mycoplasma infection include: eggs, calf liver, oysters, brazil nuts, sesame seeds (tahini), avocados, drink a chlorella/spirulina drink each day. Olive oil is also very good.

Supplements to take include: choline 500 mg daily (choline is almost always depleted); and an RNA/DNA complex.

Infused Olive Oil – infused with olive leaf – is also a good supplement to take with mycoplasma. To make the infused olive oil, take several olive leaves and put them in an oven-safe bowl. Pour olive oil over them and put them in the oven on low and leave in the low-heated oven overnight. Squish out the liquid and take 1 Tablespoon in the morning and 1 Tablespoon in the evening.

2. **Reduce the inflammation the bacteria is causing.**
3. **Protect the organs the bacteria likes to invade,** including red blood cells, endothelial tissues, mucous membranes, especially cilia, collagen and cartilage.
4. **Enhance the immune system.**

**Core Protocol:** The herbs used in treating mycoplasma include the following (dosages as listed above):

Cordyceps

Chinese skullcap

Isatis

Houttuynia

Sida Acuta

Infused olive oil (with olive leaf)

Also Berberine, as it protects the cilia. He noted that mycoplasma is also very susceptible to Uva Ursi.

### **\*\*MISCELLANEOUS\*\***

**What To Do After Getting A Tick Bite:** Take massive doses of Astragalus right away – ¼ cup powder mixed in liquid 3 times a day. The Chinese use this plant in their cooking all the time and eat a lot of it.

**Parasites:** Sida acuta, Cryptolepis and Bidens are all good for treating parasites.

**Adrenal Health:** Herbs to use include Ashwagandha, Licorice and a 1:5 solution of Eleutherococcus (a 1:1 tincture is too strong to build adrenal health).

**Neuropathy:** He said to go to the herbs listed above for nerve pain, then work on the infections that are causing the neuropathy.

**Herpes:** If a patient has Herpes in their disease make-up, he uses these herbs: Isatis, Lemon Balm.

**Finding an Herbalist:** The North East Herbal Association has a listing of herbalists.

### **Miscellaneous Information:**

If the immune system is down-regulated, these are helpful herbs: Astragalus, Rhodiola, Ashwagandha, Cordyceps, Chinese skullcap

Herbs are often synergistic with antibiotics (work well together and make the antibiotics more effective).

Honeysuckle begins growing where encephalitis becomes a problem.  
Honeysuckle also keeps mosquitos away.

Wild crafting Japanese knotweed [or what we call “outhouse bamboo” in our area] – Use the root. Cut, dry and grind it. Harvesting in the Spring is best.

Most of the herbs can be used on dogs and horses following the formula for determining a child’s dosage listed under “Dosages” above. Cats are different and cannot take many herbs.

Places to buy herbs that he likes:

Woodland Essence  
Green Dragon Botanicals  
Sage Woman Herbs  
Elk Mountain Herbs  
For seeds – Horizon Herbs in Oregon has almost everything

He had also mentioned Mountain Rose Herbs in his talk.

\*\*Buhner likes people to put herbs in Pomegranate juice – it is a synergist for enhancing actions in the body and does not allow bacteria to evade the herb.

To understand homeopathic medicine, the book “The Science of Homeopathy” is a good source.

With regards to the protozoa discovered by Dr. Stephen Fry, Buhner said he would treat it with the Babesia protocol.

The presence of heavy metals and/or mold in the system do not seem to interfere with the herbal protocols.

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