

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Lyme Disease

by David Christopher, M.H.

Lyme disease is, in essence, another modern day plague, as was the case with *Candida albicans* recognized in the early 90's, but still a large problem. If you recall Medical Doctors were in denial about yeast overgrowth and misdiagnosed or prescribed anti-depressants saying the particulars of the patients complaints were only in their head. Today, they are treating Lyme disease in a similar fashion.

One large problem is that, the standard tests approved by the CDC (Center for Disease Control) Elisa or Western Blot test, generally report false negative results - meaning (in many proven cases) that if you have Lyme disease the tests do not detect that you have it. It is disappointing that at this time, the standard procedure of diagnosis for this life-altering bacteria is unreliable and even faulty; without proper testing a diagnosis cannot be made. Even still, over 35,000 new cases were reported to the Center for Disease Control in 2008¹. The CDC estimates the actual number of cases have risen to be 6-12 times higher today than before².

Lyme disease is a tick delivered bacteria, *Borrelia burgdorferi*. Early signs include fever, headache, fatigue, and rash many times presenting as a uniquely characteristic "orange bulls eye rash". If untreated, it can cause serious complications involving the joints, heart, eyes, and nervous system. Most doctors treat it with 28 days of antibiotics (Doxycycline); other doctors treat it with antibiotics for months or even years. Extended treatment with the antibiotics can cause systemic yeast overgrowth, and adding to the concoction of complications, the bacteria can become dormant only to reappear later after treatment.

To even further complicate matters, other invaders activate while the immune system is struggling to deal with Lyme disease. These include yeast molds, viruses, protozoan, parasites and other bacteria already in the system including but not limited to *Babesia*, *Bartonella*, *Ehrlichia*, *Anaplasma*, and *Mycoplasma*. In general, most people already have a compromised immune system and during the stress of the disease and additional invaders, the body becomes overwhelmed and it cannot fight back. Each invader requires different drugs and the administration of multiple medications can result in a Jarisch- Herxheimer reaction (basically toxic overload from invader kill off). It appears that the

¹ <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5831a5.htm>

² <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5317a4.htm>

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more Lyme disease is treated medically the weaker the immune system becomes. Simply people do not get over Lyme disease with conventional treatment.

Our suggestions would be:

1. First get rid of yeast overgrowth and plug up the holes in the intestinal tract. For instructions to eradicate systemic yeast overgrowth *refer to the back-issue of this newsletter dated May 5, 2010*³.
2. After resolving yeast overgrowth, address the bacterial problem by consuming 16 cloves of fresh Garlic per day (see Herbal Legacy Recipes⁴ containing garlic, especially the onion soup) and take one tablespoon every waking hour of Dr. Christopher's Super Garlic Immune Syrup⁵ (formerly named Anti-Plague Formula). Getting sick from bacterial kill off can be avoided by doing the Extended Herbal Cleanse as explained in Dr. Christopher's Three Day Cleansing Program and Mucusless Diet book⁶.
3. The protozoan would require the additional use of the herbal extract *Artemisia annua* (Sweet Annie), 10 drops of the extract 5 times per day. Dr. Christopher's Parasite Formula⁷ is a must along with eating Papaya seeds, pomegranate, blackberries, cinnamon, and cloves.
4. Brain disorders, like foggy brain, often occur with Lyme disease. The Dr. Christopher Mind Trac⁸ formula is the first remedy of choice.
5. The weakened immune system should be helped with Dr. Christopher's Immune System Formula Capsules⁹, at the rate of five capsules five times per day.

Other effected systems of the body can be addressed with the large variety of Dr. Christopher formulas described at The School of Natural Healing's public reference library Herbal Legacy – www.herballegacy.com.

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³ <http://articles.herballegacy.com/natural-protocol-for-systemic-yeast-overgrowth-and-leaky-gut-syndrome/>

⁴ <http://www.herballegacy.com/Recipes.html>

⁵ http://www.herballegacy.com/Super_Garlic.html

⁶ http://www.christopherpublications.com/3Day_Cleanse.html

⁷ http://www.herballegacy.com/Travelers_Companion.html

⁸ <http://www.herballegacy.com/MindTrac.html>

⁹ <http://www.herballegacy.com/Immucalm.html>