



It might not be everything on the planet, but it's a REALLY GOOD START.

Janice Fairbairn

“Thank you for the fantastic support you gave me to help my husband heal and get well. I appreciate your insight and spiritual strength.”

Kim B.

“All these natural products and methods can sure be confusing, thanks for being someone I can talk to about it and get experience and knowledge from.”

Tamara A.

“I was so inspired to read on OXYGEN/LYME. Mostly inspired as you are a mother and have children recovering. Your story appears to be like mine as far as passing it too children during pregnancy. I will continue to read your blog.

Monique B.

Surviving Lyme

Janice Fairbairn

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ISBN # 978-1497432833

Create Space - Amazon Print on Demand

To the many prayer warriors who through their prayers, help guide our family to healing. To the many Lymies and “healthnuts” we have met along our journey that introduced us to a better lifestyle and to these methods of healing.

To my heartfriends, Nan, Amy, Rose Marie and Lisha. Thank you for wiping my tears, making me laugh and praying me to success.

To my doctors, Dr. Jernigan, Dr. Cox, and Dr. Jowdy, thank you for being vessels for God’s healing power and knowledge and for dedicating your lives to healing in His will.

I remain confident of this:
I will see the goodness of the LORD
in the land of the living.

Wait for the LORD;
be strong and take heart
and wait for the LORD.

(Psalm 27:13-14)

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Before You Begin – Symptom List

Before we even begin to discuss Lyme, let's create a baseline in your life. Put checkmarks in the lines next to the following lists of symptoms and autoimmune disorders. After you have done your checkmarks, if you have doubts about your children or someone else you know, make checkmarks in a different color for them. How many did you get? Enough to be certain or to make you want to get tested?

Almost all of the dozens of people I've met getting treated for Lyme had been diagnosed with one or more autoimmune disorders. I had been diagnosed with four. Everyone I met had thyroid problems or an autoimmune disorder of the thyroid, most had either hearing or sight problems and many had some sort of neurological issue, like tingling, numbness, twitching, etc.

Lyme disease and the neurotoxins it produces in its life cycle are deadly and cause havoc on the immune system causing it to misfire and attack anything around that moves (or so it seems).

There is no hard and fast rule to how many of these symptoms you check "yes" to have Lyme disease. I can only tell you that it seems to me that most people with at least one autoimmune disorder, thyroid problems, low body

temperature and increased allergies or allergic reactions should think seriously about getting tested or beginning treatment.

All of the following symptoms are possible and have been recorded with Lyme disease and its co-infections.

[Chart of Symptoms for Lyme](http://www.lymeresearchalliance.org/signs-symptom-list.html)

<http://www.lymeresearchalliance.org/signs-symptom-list.html>

Also consider the following Autoimmune Disorders as signs that the underlying cause could be Lyme:

- Acute Coronary Syndrome
- Fibromyalgia
- Chronic Fatigue Syndrome
- Hashimoto's Hypothyroidism
- Graves' Disease/Hyperthyroidism
- Rheumatoid Arthritis
- Krohns Disease
- Irritable Bowel Syndrome
- Sjogren's Syndrome
- Parkinsons'
- Multiple Sclerosis
- Alzheimer's
- Dementia
- Lupus
- Depression
- Autism
- ADHD

- Aspergers
- Dyslexia
- Psychological Disorders – Obsessive Compulsive, etc.
- Meniere's
- TMJ
- Celiac
- Addison's Disease
- Diabetes
- Cushing's Disease
- Polycystic Ovary Syndrome
- Restless Leg Syndrome
- Schizophrenia

Introduction

How did it start for me? Well, I had a miscarriage, two difficult deliveries, early onset para-menopause and borderline glaucoma. Soon after kids, I began to get some more hormone swinging and “anger” that was driving me crazy. Both my kids had severe digestion and behavior issues. My son would have been diagnosed Asperger’s and we were losing him farther down the spectrum before we began to do more health changes. My daughter had asthma, speech delays, hearing, emotional and sleep disturbances. My life was a constant duct-taped stress ball. Held barely together at the seams, it felt like the person at the circus trying to keep all the plates spinning in the air. Those plates crashing down became a fear I lived with daily.

Thanks to the kid’s health issues, our household got healthier and healthier. We were eating all organic, gluten free, casein free and soy free. We bought only organic or grass fed meats. My husband and I began to do 10 day fast/cleanses at the beginning of every year. It was at this point that we began to notice my hormone swings got worse.

I had been going to our chiropractor/kinesiologist for years and he had been guiding my supplements and health regiment to try to clear out toxic estrogen, etc. It helped but didn’t help.

I finally sought out the counsel of a trusted Naturopath doctor in Kansas City that helped us so much with my son's Asperger's. After doing countless tests, he discovered I had no adrenal function, my cholesterol was through the roof, and my hormones were leaning into menopause (at 39). No wonder I was a mess. He began a natural regiment to address these issues. It included some cortisol supplements, methylation support, progesterone, and cat's claw for the cholesterol.

After the first few months my test showed huge improvement. Cholesterol way down, energy up, hormones more in balance. I felt better. At the time, I should have noticed, but it didn't register. I began to have some chest tightness and pain that radiated from the center of my chest. Over the next few months, I continued the regiment. The chest pain heightened. Due to life and busyness, I cast it aside, not wanting to deal with one more symptom of something. My husband started his own business the year before and life was at a new level of nuts.

Finally, I realized late one night as I couldn't sleep because the chest pain was so severe, that I had to do something about it. Dreams of lung cancer (I was an ex-smoker) or heart attack raced through my mind. I also had surgery on my esophagus in college to remove tissue webbing and it was very close to that area of my sternum.

A few weeks later, we went for a family walk one afternoon and I got severe chest constriction, pain and dizziness and almost passed out. My vision got “weird” and my heart rate wasn’t recovering. So we went to the ER and had every test run in the book and they released me as fine. I then followed up with a regular doctor. I called the ND in Kansas City and told him what happened. We stopped the protocol for a few weeks just in case, took blood tests and then began to ease them back in one at a time.

Bam! Again, this time worse, extreme nausea. I began to react to foods I was eating that I had never had problems with before. I quickly lost 10 lbs. (starting at 115). I began to supplement my diet with medical food shakes and super greens. I had to stop the super greens, because they would make the nausea and dizziness intensify.

That began a 3 month journey through traditional medicine and its ability to try to determine what on earth was going on. CT scans, MRI (to rule out brain tumor), Gastrointestinal tests to rule out celiac, Pylori, etc. Two esophageal scopes to rule out return of the tissue webbing. Nope. Nothing wrong with me – take an anti-nausea and an anti-depressant. None of the anti-nausea at any dose made a dent in the nausea. I never would take the anti-depressants. I was frustrated, sick, in pain, but not depressed.

Sicker and sicker I became. There was more and more weight loss, no sleep, immense pain in chest, heart and under ribcage. I couldn't drive, couldn't read, and I felt like I was going blind. Intermittently while seeing the other doctors; I was also seeing my eye doctor often to try to pinpoint what was going on with my failing and erratic vision.

I had been diagnosed Sjogren's, Lupus, Hashimoto's, Glaucoma and other possible autoimmune diseases. Why? I had never been healthier. We had no familial history of autoimmune, except for my older sister with Hashimoto's. I had learned a lot about autoimmune with my son's ASD. I knew the body was being attacked by something that causes the immune system to dysfunction and attack itself; hence the autoimmune. But now what?

I had the doctors run every urine/stool panel they could, looking for critters – parasites/viruses/bacteria and all came back clear. Impossible. There had to be something triggering my immune system. I had read lots of books about oxygen therapy from my dad. Ok, I decided. I will boost my immune system by pushing into it pure oxygen through intravenous Ozone treatments. Take that whatever critter is in there flying under the radar. I'll get you somehow. (see resources section)

I called an “outside the box” MD I knew and scheduled IV ozone therapy. I called there for an appointment because I needed someone to look at my problems, my health issues from an entirely different perspective. I knew this doctor wouldn’t think pharmaceutical quick fix, but would actually listen and try to find the root cause of the problem. The first oxygen therapy session was awesome; I hadn’t felt better in months. That’s it; I just needed to help the immune system fight off whatever it was. I did another one three days later and Bam. Another crash. The worst one yet.

That crash lasted three days before it faded out. The crashes became filled with more and more symptoms; dizziness, extreme nausea, sleepy but restless, horrific pain under my ribcage, chest constriction, dry mouth, hands and feet numb and tingling, tightness and pain in chest, headaches, and hot tingling pain in head and temples. After that recovery, my dad (nutritionist) agreed with the theory that the immune system needed a boost and to try colloidal silver instead of the oxygen. By the third dose. Crash. Bad crash.

Why better and then worse. What was causing the crashes? I met with this “outside the box” MD again and spent 10 minutes giving him the lowdown. His response

was simple. Get tested for Lyme. What, Lyme? Yes, it could cause all this.

Went back to my family regular doctor and begged and had to threaten to get tested for Lyme. He agreed reluctantly and I got a positive on the Western Blot and the DNA PCR test. Both doctors recommended I begin Doxycycline for three weeks right away. The “outside the box” doctor suggested I keep doing the Ozone with the Doxy to support the immune system and add in some liver support for the detoxing.

At this point I was probably 95 lbs. and very weak and exhausted emotionally and physically. I had already been up and down for almost 5 months. But we had our answer and it would be over soon. People get this all the time, right? They just take antibiotics and live life. Wrong.

This began the darkest days I have ever experienced and I wouldn't wish upon my worst enemy. What I didn't know at the time was that what I had been experiencing was herxing. Severe herxing. Some that caused us to go the ER again and again. The worst had me in full body tremors/seizures. They released me each time with “nothing wrong” and “give her antidepressants and something to help her sleep”.

I did the Doxy and stopped the ozone because I literally couldn't handle both. I was taking liver support but still felt

so sick and nauseous it pales in comparison to how sick I felt before. I could eat nothing. I was only drinking the medical food shakes and water. And that was a battle. I couldn't leave the house – everything and everywhere we went gave my severe migraines, dizziness and vertigo.

It was at the end of this three weeks that I finally looked at my husband and said call the church and ask for prayer. I just knew I was going to die. Down to below 85 lbs. and unable to eat and the pain was unbearable. In the meantime I was having my dad or husband scour the internet for a place I could go and be checked in and do Lyme treatment. I was desperate. I knew without a handout in this pit, an absolute miracle, it would be the end of me. I had called the doctor to tell them how bad I felt and I had been to the ER and no one seemed to care that I was disappearing.

After the prayers went out, three days in a row by three different people I was handed a Lyme doctor's name. Then another two people gave me a different Lyme doctor's name out of state. One in Missouri and one right here in Wichita, KS. I called to make appointments, not sure how I was going to make the trip to MO, but realized I needed to see someone who knew more about Lyme and herxing. I got cancellation appointments the following week and the Wichita, KS doctor was first and it ended up being the place we chose and didn't even go to MO.

What I didn't know then that I know now was that the neurotoxin and ammonia overload from the Cat's Claw, the Ozone, the Colloidal Silver and finally the Doxy had flooded my system in trying to kill off the Lyme and co-infections. I was herxing myself right to the grave. My brain and heart were filled with ammonia, my gall bladder, liver and kidneys were 80% non-functioning. My lymph system was a clogged up solidified mess and my blood was not only thick and lifeless, but not flowing out of my brain due to jugular blocks from the Lyme bacteria.

I was as good as dead. In that health condition, I bet I wouldn't have lasted more than a few weeks. God had other plans.

The Lyme doctors I chose do a holistic approach with NO antibiotics. They also do not believe in herxing. In fact, over the course of my treatment, I only experienced the beginnings of two more herxing episodes that they put a stop to almost immediately. I am not kidding. I am so serious. I fought off and am Lyme free without herxing. I know it sounds unbelievable but it is true. I did not believe them either. I thought, sure, they are just going to try to drug me to make me forget I am herxing.

I mean I had been in a herx for nearly four weeks straight without a break. The other ones had come in three to ten days waves and usually dissipated a bit. This one had

come in to camp and hadn't left. I was so thin that I had to use a butt pillow to sit on most of the chairs in our house. I was so exhausted I could hardly get up out of bed each day and make it down the stairs.

The doctors there at Hansa Center of Optimum Health, the founder a former Lymie, developed this protocol to save his own life, antibiotic free. All three doctors have experienced Lyme so they get it. They believe in detoxing the ammonia and neurotoxins as a top priority in order to then strengthen your body to fight off the Lyme itself, as it was designed to do. (see Resources section)

They used bio-resonance testing and found I had the trifecta of Lyme (borrelia, babesia and bartonellis), Rocky Mountain Spotted Fever, West Nile Virus, mycoplasma, parasites and just about any and every pathogen out there were all invited to the party going on in my body. The oddest thing they told me and it took weeks before I could actually cognitively process the information: that I had a condition called CCSVI.

CCSVI standing for Chronic Cerebrospinal Venous Insufficiency means that the Lyme bacteria has caused closures in the jugular veins coming out of my brain so the blood flowing into the brain has no place to flow out. My left side almost completely closed off and the right side about halfway. So what happens to the blood being pumped

into the brain if it has no way out? Well, it causes tremendous pressure and iron buildup in the tissue and flows backward down the arteries. Upriver so to speak. It is called back flowing. It causes erratic heart beats, severe chest pressure and pain, brain fog and memory loss.

I chose to tell you all this so you know I have walked into the deepest part of the valley where you are or where you have been. I have met people who suffered more and less. I have met three generations in one family all suffering all the way down to the eight year old. I have met entire households struck with this terrible illness and all fighting for their lives. I get passionate; I get fired up at the lack of support from the traditional medical community and how hard you have to fight to get traction in this illness. I get frustrated on how much money it costs to pay all these treatments out of pocket because there is no alternative in traditional medicine. If there was enough time in each day I would talk to each of you personally and coach, pray and encourage you through this process because, believe me, we all need the support. If there was enough money on our money tree, I would give it all to people desperate to get natural treatment but can't afford it.

There is so much misinformation out there and not enough good information. It feels like the brain fog I had

was passed by osmosis to each Allopathic doctor to keep me shrouded in misery. They are not helping us!!

Now as I look back on my path and process, there are of course, some things I would do differently. If you are reading this because you are aware of something but don't know what it is for sure or haven't launched your official attack on Lyme yet, or have had failed attempts with antibiotics – here is my updated list of what I would do. This by no means covers everything, but gives you a place to start, a place to launch your initial attack for successfully and to have the endurance to finish the race strong.

Warning:

*Before you begin to read the remainder of this book, let me strongly caution you as to how to apply it in your life. Do not sit at home by yourself and try to kill this Lyme disease off in your body by using some of these methods. **Do not try this at home alone.** This Lyme thing is mean and tough and will not leave willingly without a fight. Use this information as a framework and knowledge base as to how you are going to launch a war against this Lyme in your life. Use it to provoke questions and new treatments with your doctor or team of doctors. Since I am not a qualified doctor, none of these recommendations come with a guarantee or without negative consequences.*

Section 1 - Find the Right Doctor

I would find the best, most qualified Lyme doctor using natural treatments I can find. I would then find a local doctor of natural bent that could support this long distance treatment and that I could use for quick short term checkups. Building this team is crucial. Absolutely crucial. Both these doctors need to understand detoxification and how Lyme works. If they don't know about neurotoxins and ammonia damage and Post Lyme Syndrome and herxing then RUN FOR THE DOOR.

Interview different doctors and have them lay out their protocol recommendation for you or your loved one. Compare and contrast their protocols then go back and ask questions about the discrepancies to fully understand where they are coming from. Be sure about their comprehension of the human body and the Lyme. Ask them for testimonials and success rate. When you are in the lobby of each doctor's office (every time) make friends. I introduce myself to everyone who comes into the lobby of my doctor and I talk to them, really talk to them. You don't know me so you don't know how hard this is for me because I'm not a "love talking to strangers" kind of person. It is critical for you to know the success rate and treatment protocol of other patients and if they are feeling better. Later, I realized I must keep up the "talking to everybody phenomenon"

because the newbies, like I was, need to hear about success and that they picked the right place. It is incredibly encouraging to hear from patients “this place is healing me”. We are on this journey to encourage one another.

The husband of a friend of mine has some horrible form of cancer that I cannot pronounce and she said the traditional cancer program is depressing. No one in the program is getting better and she sees death everywhere they go and every time they are there. SCARY! I would run for the hills. Every program is not for everyone, but the wellness numbers should safely be in the 80% and 90% to be sure the doctors know what they are doing.

The bad news I have to break to you before we even get into this fight, is that you will not find cooperation from your health insurance carrier in the battle. Finding even a traditional MD that insurance will cover all the treatments and services is rare. It sucks, but I have to be honest with you so you are not caught off balance and surprised. Almost all of us are paying cash or going in debt to get through this thing. To the insurance company’s defense (I have no idea why I’m defending their position) most of these treatments against Lyme are ground breaking and have only been used for a few years. Anything that new, they are scared to death over providing funding for.

Just accept this fact and be delightfully surprised if yours will pay anything: Insurance will not cover this. Insurance will not cover most of these treatments. Insurance is built around traditional medicine and unless you find an M.D. who can code things in a gray area, your insurance is going to buck. If it's not a pill and it's not administered in a hospital, then good luck.

Section 2- What Kind of Doctor Am I Looking For?

My best recommendation would be to find a doctor using muscle testing, kinesiology, or bio-resonance scanning to test for Lyme and other pathogens. (see resource list) It is the only fail proof method for determining what you have and what is going on. See if there is a local Lyme support group in your area or go to chat rooms online and see who is talking about what and who. I got 4 positive and 1 negative about the doctors I chose from local testimonials. Ask around but use your discernment in what you read online. One poison apple can ruin the whole bushel. Don't forget that. I would also not be afraid to take that one negative testimonial in to the doctor and ask them to explain it.

If someone has a bad experience with a natural doctor, it is 100 times worse than with a regular doctor. Our culture has higher expectations of a doctor healing outside the box. When it does not fit or work as fast as a duct tape pharmaceutical, then we label them a failure and tell the whole world and never give anyone else in natural medicine a chance. Watch out for the 'cry wolf' testimonies and for joining in with them or listening too closely. Twelve doctors in traditional medicine failed me and were

letting me die, yet, if my child breaks his arm, where am I going to go? To the ER or Emergency Clinic to get it set and cast. Those 12 doctors have not hindered my ability to discern within the industry.

I know people who have been fighting “mystery” illnesses for decades and have tried dozens of doctors and dozens of treatments yet they don’t berate each of the doctors for failing. They are frustrated with the illness that none of them can find, but don’t blame any of those doctors for failing. They keep going back and going back to traditional medicine to keep trying. Equally, we should allow natural medicine an opportunity. If you find one naturally trained or out of the box doctor that doesn’t float your boat. Look for another. Do not write off the entire industry because of an ego, lack of knowledge or not a good fit. We all sin and fall short. Everyone you find is not going to be perfect and they will make mistakes.

Most importantly, make sure the doctor is listening, truly listening. Not just lumping you in with the masses and treating you like everyone else. Each body is different and unique and will fight the same pathogen completely different. Each of your symptoms is important and part of the code your body is using to ask for help.

If you are not familiar with these types of muscle testing doctors, you are not in the minority. The best way I

can describe it is by using an analogy of “Divining for Water”. The reason in the old days that certain people could use a stick and divine for water, was they were picking up on a change in frequency in the stick. God made everything in creation with a particular energy setting. Science has confirmed this, so I’m not making this up. Colors have frequency, sound has frequency, objects emit frequency. Each of these frequencies is unique. But pinecones resonate the same frequency whether you are in the US or Australia (do they have pinecones there?) Water emits the same frequency. So the trained water diviners could tell when they got close to a shallow water table by “reading” the frequency of the stick. (Read Energy Medicine by JL Oshman 2000)

Similarly, these types of doctors use frequency to “read” distress in your liver, heart, digestion, etc. A regular functioning liver should resonate a certain way. The pathogens that cause the problem also emit a particular frequency and can be found and eradicated.

Too many laboratories are failing in finding the critters in the bloodstream, urine or stool samples. If you read studies and believe in conspiracy theories, then you will understand why the labs are not “supposed” to find too many pathogens. Or why they do not do a thorough job

testing the samples to find pathogens. The lab that do the best job is IGenX.

Another thing to research in your area is a testing technique called the Computerized Regulated Thermography (CRT), a German technology. CRT is an FDA approved, objective and non-invasive way of evaluating your body's functions. It is the EKG of the natural physician. CRT represents one of several objective diagnostic evaluations in Integrative Medicine. It is a medical imaging method that supplies information as meaningful as MRI and X-ray, and is safe and non-invasive. Over 1500 physicians in Europe use CRT. Thermography has over 12,000 citations and studies held within current medical journals.

This particular device evaluates your body functions by a direct temperature measurement probe instead of measuring thermal radiation. The result is a scanning method that is much more precise than any other thermographic system. It maps out the complete autonomic nervous system as it projects to and from each organ or tissue. With this form of thermography, we can finally see what the body is doing long before it becomes dysfunctional enough to create an irreversible problem. This is not diagnosing disease, but rather identifying the

patterns that lead to disease, so that these patterns can be successfully treated.

It actually detects breast cancer 7 years before a mammogram (in studies) because it detects the malfunction at the cellular level. It is instrumental in helping develop a proper healing protocol for anyone with a chronic illness. Many times, the organs in the most distress get the attention first and because the squeaky wheel gets the grease, other organs or systems go untreated just because they don't redline on a blood test. The CRT will find it. To a well-trained physician in reading the test, it can also find CCSVI without a MRI. (See Christiane-Northrup, MD on Huffington Post, The Best Breast Test: The Promise of Thermography, Oct 2010)

If you are unable to find a doctor of this type that suits you I would definitely go with a Naturopath with experience in Lyme disease. NDs tend to look at the entire body as a whole and not treat the symptoms and chase rabbit trails. They are educated to understand nutrition, diet, acupuncture or acupressure and some even cross train into chiropractic because of how the structure of the body is so closely linked to disease.

In your doctor team arsenal should be also an Lyme Literate Medical Doctor (LLMD). There aren't very many

of these doctors across the country, but that number is growing. They are well versed at healing and treating Lyme and its co-infections. The only problem I have with this group is that they are still attacking Lyme with traditional methods of antibiotics. If you are like me and many others I have met that the antibiotics don't work or nearly kill them, then what choice do you have? For those who can tolerate the antibiotics, insurance is more likely to pick up the tab for a portion of this treatment. If this is your route, then find a LLMD who uses non-traditional therapies to support the body with the antibiotics.

Section 3- Detoxification

Begin a serious methylation and detoxification support protocol. Supplements, lymph massage, liver detox, colon cleanse, etc. The body has to detox what the Lyme is producing before it can be strong enough to fight it. Because in fighting it, the Lyme produces even more ammonia and it can be deadly. There are many methods out there, my favorites are detox baths, Neuro-antitox (from Jernigan Neutraceuticals), Charcoal, Silymarin, MolyB, TMG, B12, Folic Acid, super greens like King Chorella.

Doing a blood panel and finding the weaknesses in your body's ability to detox would be a good starting place. A worthy doctor will find the holes and plug them before starting to push for more detoxing. Trying to detox before working the holes will just cause additional disruption and back up in the systems. Also finding what organs are housing the highest levels of toxins, so to know where to concentrate the organ support first.

Lymph massages or lymph treatments are similarly important in the detox process. The lymph fluid can be almost solidified in Lyme disease and extreme chronic illnesses and it is crucial to "break it up" and let the body regenerate it. Certain doctors use forms of vibration therapy to help move it along and some just recommend massage.

Far infrared saunas are likewise an incredible tool for detoxing and for killing off Lyme. I never used these because my weight and hydration were in critical conditions, but know many who have and who now own one in their homes.

Caution: do not do far infrared saunas without doctor supervision because the Lyme usually lowers the body temperature to create an environment in which it can thrive. Using detox baths and saunas is great for detoxing and healing, but can also cause the body to rise in temperature and kill off some of the Lyme in great numbers and cause major herxing.

Go in gently, gradually and let your body get used to the treatment and handle the die off and detoxing slowly. We do plan on buying one of these saunas in the near future for life long detoxing success for our family.

Many other therapies and treatments that promote detox exist and are very successful. Make sure your doctor can explain how the therapy works and how they play into your protocol and symptoms. Ask about frequency and if there are less expensive home versions available – there always are.

Water, water and more water. Make sure your body is hydrated and is hydrating. Mine wasn't doing either. They had to work hard for the first month just to get my body to

accept hydration. My muscles and organs were atrophied and had to be coaxed into re-hydrating. Painful massages and other therapies were involved, but necessary to get the water in there and get it to do the healing work it can do all on its own. A well hydrated body is less likely to get chronic. I spent weeks and months drinking almost a gallon of water each day. That might sound extreme to you, but you would not believe the difference it gives your tissues in fighting infection.

Finally, talk to your doctor about a colon cleanse or detox cleanse diet. Depending on what organ is struggling or what pathogen you are fighting in your gut, let your doctor guide you into a detox or cleanse. Whether it is 7, 10, 21, or 30 days, this can jump start your body's healing. We adopted the detox/cleanse philosophy of doing one each January to cleanse out the holiday eating and begin a new year fresh. Do not just jump into one of these without "supervision" depending on how sick you are. Pushing your body too hard too fast can be damaging to your organs and filtering systems. There are supplements and medical food powders that can be used in conjunction with the diet to "assist" the body in detoxing so the release of the toxins does not get clogged up somewhere else.

The last thing you want to do is to begin a detox regiment and not drink enough water or use detox support

supplements. If you do, then you could release the toxins from the liver and they end up in the colon. It is incredibly important to drink plenty of water and support the body in completely ridding the toxins all the way out.

Section 4- Oxygen Therapy

Oxygen therapy done correctly with the detox and organ support would be awesome. If I wasn't claustrophobic, I would have done hyperbaric oxygen treatments which does the most for the ammonia release from the brain. See the resource page for book titles on using oxygen either intravenously, by hyperbaric chamber or by using hydrogen peroxide in its various forms and ways.

Oxygen is a life force. We need it for survival for breathing and we are made of it, 62% to 71%. Our bodies were also designed to need it systematically. In an oxygen rich environment, the body will kill viruses, harmful bacteria, toxins, pathogens, and disease microorganisms while contributing to the vitality of healthy cells. (From The One Minute Cure by Madison Cavanaugh)

Since the 1950s oxygen has been tested and used to heal and restore function for people with various neurological disorders and injuries including:

- Alzheimer's Disease
- Parkinson's Disease
- Stroke
- Multiple Sclerosis
- Lou Gehrig's Disease (ALS)

- Brain Injury
- Learning Disability
- Cerebral Palsy
- Chronic Fatigue Syndrome
- Autism
- Lyme

In studies, cancer has also been shown to shrink in an oxygen rich environment. Oxygen therapy done correctly with the detox and organ support can be a crucial piece in healing Lyme. Disease just seeks to and thrives in an oxygen deprived environment.

In his book *Alkalize or Die*, Theodore Broody examines the body's healing balance from an alkaline perspective. Our bodies are in a constant state of either acidity or alkalinity. If we become too acidic, disease will thrive. Eating processed food and too much sugar and starch can do this creating an environment rich for any pathogen or disease to take hold and thrive.

To treat with oxygen, there are a variety of choices available. Store bought hydrogen peroxide can kill warts and when used in conjunction with Epsom salt in a bath, can oxygenate the body through the skin. Food grade hydrogen peroxide, when administered safely and properly can boost that healing even farther. Some doctors do ozone

or peroxide intravenously to speed up the introduction directly into the bloodstream.

We frequently still use detox baths with equal parts 3% store bought hydrogen peroxide and Epsom salts for detoxing and boosting immune systems. 2-4 cups for adults (I use 2 cups for my 110lbs and my husband uses 4 cups for his 170 lbs.) We typically use 1 cup each for the kids who are around 50lbs. I have read about people who have rigged their hot tubs to be hydrogen peroxide to clean instead of chlorine and then use them for detoxification.

To do oxygen treatments successfully, it must be continued in sequence and frequency to get deeper and deeper into tissues and into the brain.....