Beyond Wack-A-Mole Lyme Treatment
What Has Helped People to Heal Lyme MCIDs Concurrent with or Post Drug Therapy

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Disclosure statement

- No grants
- No industry funding from drug, herb, medical device suppliers
- Not a paid consultant
- Not on any committees, board of directors, advisory panels, review boards
- Just me and my two frogs
Background

- Technologist: Software engineer in NASA Robotics Lab, Hubble Space Telescope, spacecraft integration and testing, climate modeling projects
- Leadership: Managing partner at LionHeart Consulting
- Medical: Masters Degree of Acupuncture and Chinese herbal certification
- Master Sufi Healer
The Question

• Why do some people heal Lyme disease and their multiple chronic infections and others do not?
Objectives

- Overview of GoodbyeLyme system
  - Treatment challenges in Lyme / Multiple Chronic Infectious Disease patients
  - Natural medicines, strategies, and treatments for overcoming treatment challenges

- Case studies

- More questions
Patient Challenges

- Patients are highly toxic from antibiotic tx, environment & childhood exposure to toxins, lifestyle, dental procedures, compromised detox pathways
- Multiple infections (TBDs, parasites, secondary infx, fungi, viral)
Patient Challenges (cont’d)

- Infections hide in reservoirs: biofilms, cartilage, collagen, skin, nervous system, inside cells
  - Symptoms re-emerge, relapse
- Healing neurological problems, cognitive difficulties, memory issues
- Immune system over producing inflammation
- Px resistance to taking bitter tasting herbs, unusual supplements, receiving treatment
Diagnosis Strategies

• Build patient trust and rapport
• Inquire about patient’s goals, expectations, sense of urgency, intrinsic motivators
• Needs analysis: Assess underlying infections, toxicity issues, health of body, mind, painful emotions, subtle energy, spirit
Treatment Strategies

• Develop flexible, fluid, customized treatment plan which includes recommendations for patient engagement and compliance
Implementing Treatment

- Acknowledge and address patients chief concerns & symptoms
- Acknowledge patient’s areas of expertise
- Reduce toxicity
- Kill the pathogenic infection(s)
- Dissolve biofilms
- Target pathogens in reservoirs/hiding areas
- Repair / restore healthy functioning
- Clear bad spirits and invoke Divine healing
Building Patient Trust/Rapport

• Free e-newsletter and free e-report
• GoodbyeLyme.com website articles, blog, video
• 3 hour class for all patients, i.e. am I a good fit?
  – Compassionately acknowledge attendees struggles
  – Challenges and treatments for Lyme / MCIDs
  – Treatment approaches
  – Dietary recommendations
  – Herb sampling
  – Clinical results
  – Address attendee concerns
• Brief one-on-one consult
Diagnosis

- Patient medical history
  - Live in or visited tick endemic area
  - Symptom progression
  - Symptom reaction to foods, medicines, herbs, allergens, protocols, and treatments

- Labs
  - TBDs results
  - Biotoxin pathway (Shoemaker)

- Tongue diagnosis

- Pulse changes with herbs, supplements, treatment

- Clinical assessment of suspected infections

- Zyto scan with Michael Payne
Diagnosis/Treatment Paradigms

- Chinese medicine Gu Syndrome
  - 1900 year old system for treating relapsing chronic infections
- Three levels of Chinese medicine
  - Penetrating Divine Illumination (Tong Shen Ming)
- Sufi medicine four layers of the heart
- Western medical models for infections
- Heroes Journey / Monomyth by J. Campbell
- Role reversal
Most doctors appear confused by Gu pathologies
- Gu pathogens are malicious and life-threatening
- There are thousands of Gu toxins, all of which cause different symptoms
- Gu toxins are like oil seeping into flour, you cannot separate them out
- Gu pathogens operate in the dark
- Thriving parasites creating progressive organ decay along with torturous pain and insanity
- Also translated as “demon syndrome”
Gu Syndrome Herbal Strategy

- Detoxification
- Kill infections and expel demons
- Calm the emotions and spirit
- Replenish vital energy, blood, and heal organs and systems
- Move pain, inflammation, and neurological symptoms out
Paradigm: Chinese 3 Levels of Healing

1. Diagnose and treat symptoms
2. Diagnose and treat underlying causes
3. Invoke Divine Illumination for intuitive diagnosis and treatment
   - Dust on the mirror, aka Tong Shen Ming
   - Doctor as medicine, patient as medicine

• Healing resonates from one level to other levels
Paradigm: Sufi Healing

• 4 levels of heart are interconnected and holy
• Intervention on one level can improve healing on other levels
  2. Heart: Emotions, subtle energy field, “I love”
  3. Soul: Positive and negative beliefs about self and illness, “I am”
  4. “The One”: Divine Center that is untouched by illness and capable of complete healing
• Level 4 receiving from Highest Source of Healing
• Patient can be a mirror for the practitioner
• “Stockdale paradox”
Stockdale Paradox

• “This is what I learned from all those years in the prison camp:
  – You must never ever confuse the need on one hand for absolute unwavering faith that you can prevail despite those constraints
  – With the need on the other hand for the discipline to confront the brutal facts, whatever they are, like “We are not going to get out of here by Christmas.”
Paradigm: Western Medicine

- Physician diagnosed infections and labs
- Evaluate history, symptoms, reaction to previous treatment for suspected or hidden infections, dysfunction
- Health of body systems, especially those impacted by toxins and detoxification (Shoemaker biotoxins)
- Painful emotions
- Trajectory of healing, level of urgency
Paradigm: Heroes Journey

- Call to adventure into the unknown
- Refusal of the call
- Divine aid, mentor
- Crossing the first threshold into the unknown
- Belly of the whale, immersed in the unknown
- Initiation, trials, tests, perils, illumination
- Receiving of Divine gift(s)
- Death of the old paradigm, rebirth into the new
- Returning to help others with gift(s)
- Mastery of both the old and new paradigms
Paradigm: Role Reversal

- If I were in the patient’s shoes, what would I want from my practitioner?
# Natural Medicine Properties

- Neutralizing, eliminating, or binding toxins
- Killing infections
- Penetrating biofilms
- Strengthen and regulate immune system
- Restore healthy functioning
- Replenish vital energy
- Penetrate into hard-to-access areas of the body
Natural Medicines

• Bee venom topically, nasal
• Organic and pesticide-free essential oils
• Liposomal supplements and herbs
  – Lipo Artemisinin
  – Lipo Harmine
  – Lipo Glutathione (GSH)
  – Lipo Phosphatidyl choline
  – Customized Lipo herb formulas
• Herbal tinctures and powders
Medicines: Bee Venom

- Bee venom contains Mellitin which inhibits Lyme, Babesia, Mycoplasma
- Can produce severe herxheimer reactions in patients with Lyme, protozoa infections
- Anti-biofilm properties
Medicines: Bee Venom (cont’d)

- Bee venom mixed with sterile saline
  - One drop on in eyes, nose, ears can produce severe herxheimer reactions
  - Effective a reversing memory loss, amnesia, cognitive dysfunction, Bels palsy
  - Treats infections in sinuses, brain, eyes, ears
Medicines: Bee Venom (cont’d)

- Topical bee venom mixed with emu oil
  - One drop on symptomatic areas, head, joints can produce severe herxheimer reactions
  - Improves cognitive functioning, can bring up repressed trauma and emotions
  - Highly effective against protozoa symptoms chronic headaches, chest tightness, shortness of breath
  - http://www.ferrisapiaries.com/
Essential oils are highly concentrated extracts of organic and pesticide-free fruits, plants, and spices.

EOs have been used safely for decades in food for flavoring, as antifungal and antimicrobial agents for food preservation.

Most EOs classified as “generally recognized as safe” (GRAS) by FDA.

Oral or sublingual dose maximizes absorption 5-10x over topical application.
Medicines: Essential Oils (cont’d)

• Essential oils penetrate and kill germs in reservoirs: collagen, cartilage, nervous system, and blood cells
• Essential oils also have phenols which are solvents which dissolve biofilms
• Low dose essential oils are safe and non-toxic
Medicines: Essential Oils (cont’d)

- Basil
- Bay Laurel
- Bergamont
- Black Cumin*
- Cinnamon*
- Clary sage
- Clove Bud*
- Eucalyptus
- Frankincense
- Geranium
- Ginger root
- Lavender*
- Lemon
- Lemongrass
- Mountain Savory
- Myrrh
- Myrtle
- Nutmeg*
- Orange*
- Peppermint
- Spearmint
- Tangerine*
- Tea tree
- Thyme

*not GRAS
Medicines: Essential Oils (cont’d)

- **Basil** (broad spectrum anti-bacterial and anti-viral, calming, treats nausea, vomiting, nervous tension, mental fatigue, melancholy, migraines and depression)
- **Bay Laurel** (treats painful conditions like neuralgia, rheumatism, muscle pain, circulation issues, colds, flu, and dental infections)
- **Bergamont** (treats viruses, bacteria, parasites, protozoa infections like malaria, sadness, depression, cystitis, urethritis)
- **Black cumin** (cure for all diseases except for death, immunomodulatory, stimulates neutrophils, mobilizes immune system to fight bacterial infections)
Cinnamon — (anti-bacterial, anti-fungal, penetrates and kills Lyme under biofilms, purifies and move the blood, enhances microcirculation in extremities, treats memory loss, depression, and anxiety)

Clary sage (anti-convulsive, relieves pain and spasms, anxiety, depression)

Clove bud (potent antimicrobial and anti-biofilm, kills Lyme bacteria even under biofilms, anti-parasitic and larvicidal, stimulates the mind, removes mental exhaustion and fatigue, warming and moves stagnant blood, treats memory loss, depression and anxiety)
Medicines: Essential Oils (cont’d)

- **Eucalyptus** (Kills staph, cuts biofilms, anti-inflammatory, anti-malarial, calms nervous system)
- **Frankincense** (relieves pain, anti-inflammatory, enhances immune system, activates circulation)
- **Geranium** (anti-bacterial, anti-viral, anti-parasitic, aids elimination of urea, uric acid, bile salts, pathogens, synthetic chemicals, heavy metals)
- **Ginger** (treats malaria, yellow fever, bacterial dysentery, cold and dampness; warms the middle, warms spleen and stomach coldness, removes phlegm)
Medicines: Essential Oils (cont’d)

- **Lemon** (anti-bacterial, anti-tuberculosis, treats mental fatigue, exhaustion, dizziness, anxiety, nervousness, nervous tension, insomnia)

- **Lemongrass** (anti-bacterial, anti-fungal, anti/protozoal, anti-malarial, analgesic, reduces tremors)

- **Lavender** (calms central nervous system, relieves pain, enhances intestinal mobility, stimulates gastric juices and bile production, promotes urination)

- **Mountain savory** (anti-bacteria, anti-viral, anti-fungal, anti-parasitic, treats intestinal infections, revives adrenals, immune stimulant, nerve tonic)
Medicines: Essential Oils (cont’d)

- **Myrrh** (anti-bacterial, anti-fungal, anti-viral, anti-inflammatory, disperses blood stagnation, relieves pain)
- **Myrtle** (clears phlegm, reduces allergic reactions)
- **Nutmeg** (anti-bacterial, anti-parasitic, larvicidal, strengthens the heart, detoxifies the liver, treats liver disease)
- **Orange** (anti-Lyme, anti-biofilm, moves lymph, reduces inflammation, promotes exocrine / endocrine secretions, strengthens people with weak constitutions)
Medicines: Essential Oils (cont’d)

• **Peppermint** (treats indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms, anti-parasitic, vents rashes)

• **Spearmint** (relieves muscle spasms, promotes, circulation, improves hormone secretion, balances organs, helps tissue regeneration, anti-syphilitic)

• **Tangerine** (treats staph, soothes inflammation and hyperactivity in the respiratory system, circulatory system, digestive system, nervous system, excretory system, moves phlegm, improves circulation and digestion)
Medicines: Essential Oils (cont’d)

- **Tea tree** (treats persistent infections, bio-films, cystic forms, anti-bacterial, anti-fungal, anti-parasitic, anti-protozoal, anti-viral, treats malaria, intestinal infections, and tropical fevers)

- **Thyme** (anti-bacterial, anti-parasitic, stimulates white blood cell production, and strengthens immunity)
Medicines: Liposomal Supplements

• Mix Glutathione (GSH), Vitamin C, and/or Phosphatidyl Choline with reverse osmosis water & 5 TBS non-GMO soy or sunflower lecithin in blender

• Pour mixture in glass canning jar and zap inside an ultrasonic sterilizer on maximum sonication for 30 minutes, turn heater off

• Add veggie glycerine, freeze overnight, then thaw in fridge
Medicines: Liposomal Supplements
(cont’d)

• Patients take 1-4 TBS 1 x day
• Average dose is 1 gm of GSH per day, clears brain fog
• Phosphatidyl Choline maximum dose 3 gm a day especially for mold toxicity
• Liposomal anti-toxin supplements will detoxify herxheimer reaction in minutes
• Reduces toxic symptoms in joints, nervous system, whole body
Medicines: Liposomal Botanicals

- Anti-microbial medicines wrapped in liposome / lipids (lecithin)
- Germs eat lipids containing antimicrobials which kill them
- Liposomal herbs and supplements appear to penetrate deeper into reservoirs compared to powdered or tincture herbs
- Use for targeting system wide infection or germs in hard to reach reservoirs: blood cells, cartilage, collagen, nervous system
Medicines: Liposomal Botanicals (cont’d)

- Use 12 grams of powdered supplements and/or herbs for a week’s supply
- Artemisinin, Harmine,
- Anti-bacterial, anti-parasite, anti-fungal, anti-viral herbs
- Patients report a deeper clearing of their symptoms compared to tinctures or powdered herb equivalents
- Great amounts of parasites expelled in stool
Herbal Safety

- Organic, wildcrafted, or lab tested herbs
- Herbs tested 15x or more for active compounds and contaminants
- Herbs are eliminated that cautioned or contraindicated with western medicines or other herbs
Medicines: Herbs for spirochetes

- Anti-spirochete herbs for Lyme disease and leptospirosis
  - Andrographis paniculata (Chinese name: Chuan Xin Lian)
  - Radix Polygonum Cuspidati (Chinese name: Hu Zhang)
  - Fructus Forsythiae Suspensae (Chinese name: Lian Qiao)
  - Artemisia (Chinese name: Qing Hao)
  - Honeysuckle Vine (Chinese name: Ren Dong Teng)
  - Smilax (Chinese name: Tu Fu Ling)
  - Houttuynia Cordata (Chinese name: Yu Xing Cao)
Medicines: Herbs for Bartonella

• Bartonella symptoms = Chinese medicine diagnosis of a “fire toxin” illness
• Herbs that eliminate fire toxins reduce symptoms in Bartonella patients
  – Houttuynia Cordata (Chinese name: Yu Xing Cao)
  – Dipsacus, Teasel Root, Knotweed (Chinese name: Xu Duan)
  – Artemisia Argyi (Chinese name: Ai Ye)
  – Dryopteridis (Chinese name: Guan Zhong)
  – Lycopus (Chinese name: Ze Lan)
Herbs for Treating Babesia

• Babesia is a “Half Internal, Half External” (Shaoyang) Illness similar to malaria
• Anti-malarial herbs and anti-leshmanial herbs reduce patient’s Babesia symptoms
  – Artemisia Argyi (Chinese name: Ai Ye)
  – Cardamon (Chinese name: Cao Guo)
  – Verbena (Chinese name: Ma Bien Cao)
  – Artemisiae Annuae (Chinese name: Qing Hao)
  – Agrimonia (Chinese name: Xian He Cao)
  – Cyanchi (Chinese name: Xu Chang Qing)
  – Harmine, Syrian Rue extract (Chinese: Luo Tuo Peng Zi)
Herbs for Chronic Infections

• Gu Syndrome herbs for killing parasites and expelling demons
  – Garlic (Chinese name: Da Suan)
  – Tuber Curcumae (Chinese name: Yu Jin)
  – Sophorae (Chinese name: Ku Shen)
  – Cnidium (Chinese name: She Chuang Zi)
  – Honeysuckle flower (Chinese name: Jin Yin Hua)
  – Artemisia (Chinese name: Qing Hao)
  – Acorus (Chinese name: Shi Chang Pu)
  – Fructus Terminaliae Chebulae (Chinese name: He Zi)
Gu Detoxification herbs

• Gu Syndrome herbs for dispersing toxins
  – Folium Perillae Frutescentis (Chinese name: Zi Su Ye)
  – Herba Menthae (Chinese name: Bo He)
  – Radix Angelicae Dahurica (Chinese name: Bai Zhi)
  – Fructus Forsythiae Suspensae (Chinese name: Lian Qiao)
  – Rhizoma et Radix Ligustici Sinensis (Chinese name: Gao Ben)
  – Rhizoma Cimicifugae (Chinese name: Sheng Ma)
  – Flos Chrysanthemi Morifolii (Chinese name: Ju Hua)
Modern Detoxification herbs

• Anti-endotoxin herbs
  – Forsythia (Lian Qiao)*
  – Scutellaria Baicalensis (Huang Qin)
  – Honeysuckle Vine (Ren Dong Teng)
  – Patrinia (Bai Jiang Cao)
  – Viola (Zi Hua Di Ding)
  – Andrographis (Chuan Xin Lian)
  – Radix Ligustici Wallichii (Chuan Xiong)*
  – Pulsatilla (Bai Tou Weng)
  – Sophora (Ku Shen)
    * also a Gu Syndrome herb

• Toxin binding herb: Wu Bei Zi (Galla Chinesis)
Detox Treatments

- Wet cupping / bloodletting
- Scraping
- Acupuncture
- Moxabustion – burning finely ground up artemisia on or near the surface of the skin
- Craniosacral technique – hands-on manipulation for releasing headache pain and joint pain
- Cold laser and low light therapy
- Frequency Specific Microcurrent
- Dietary modifications
- Oil pulling
Wet Cupping and Bloodletting

- Wet cupping applies suction cups to the body for a few minutes.
- The cups are removed and the area is needled, cups reapplied.
- Blood analysis shows high levels of toxins, fibrin, cytokines, hypercoagulation.
- Can stop herx reactions in minutes.
Wet Cupping and Bloodletting (cont’d)
Scraping

• Scraping has been practiced for thousands of years
• AKA “coining”, Gua Sha
• Stainless steel metal instrument is scraped along patient’s shoulder, back, legs, arms, hands
• Can quickly reduce or eliminate stiffness, pain
• Combine with cupping to facilitate toxin removal
Low Light Therapy

- Low light therapy – uses 670nm near infrared LED device for healing wounds, reducing pain, increasing ATP in cells, and reduces neurotoxicity in rat studies
  - LED infrared device is placed on painful areas of the body for approximately 90 seconds
  - Patients report decreased joint pain
  - Patients report greater mental clarity, reduced Bartonella anxiety when used on the head, combined w/ cupping
Laser Light Therapy (cont’d)

- Intranasal LED “Naser” – uses 808nm 10Hz light for reducing inflammation, nitric oxide, and increasing ATP in the brain and target areas
  - Naser is placed in the nostril for 10 – 25 minutes
  - Can be used daily at home
  - Patients report decreased pressure, less headaches
  - Patients report calmer emotions, can be combined with cupping to enhance detoxification
Acupuncture

• Auricular detoxification acupuncture
  – Reduces symptoms of brain fog and Bels palsy in Lyme disease patients
  – Also used to help drug addicts to detoxify by Dr. Michael Smith of Lincoln Hospital, New York since ‘85
  – Used in Florida as an alternative to incarceration for drug offenders

• Acupuncture body points enhance toxin elimination, protect detox organs, builds Qi
Moxabustion

- Finely ground Ultra Pure Artemisia argyrii, Chinese name Ai Ye is rolled into ½” threads or cones and placed on symptomatic areas or acupuncture points
- In patients diagnosed with Bartonella, moxa has been highly effective reducing pain, burning and toxicity very quickly
- Patients can treat themselves at home
Dietary Modifications for Detox

- Dietary additions for detox*
  - Millet
  - Mung beans
  - Aduki beans
  - Black soybeans
  - Swiss chard
  - Radishes
  - Turnips
  - Salt
  - Vinegar
  - Clay

Dietary Modifications for Detox (cont’d)

• Dietary subtractions*
  – Pasteurized cow dairy
  – Refined sugars
  – Sweet fruits, fructose
  – Wheat
  – Alcohol
  – Artificial sweeteners

• Lifestyle subtractions
  – Smoking
  – Self neglect
  – Mold remediation

Biofilms

• “NIH now says that 80% of infections in the developed world have biofilms”
  - Dr. J. William Costerton, USC Center for Biofilms at the School of Dentistry

• “when Staphylococcus aureus starts to form a biofilm, 10 other nearby [species of] bacteria develop the ability to attach to the biofilm as well”
  - Dr. Randall Wolcott, Southwest Regional Wound Care Center in Lubbock, Texas
Biofilms

- Multiple antibiotic resistant Staph have been found in patient’s nasal passages two weeks after starting antibiotics – Dr. Ritchie Shoemaker, Pocomoke, MD

- Drug resistant persister cells have been found one week after exposure to antibiotics – Dr. Kim Lewis, Northeastern University
“We conclude that B. burgdorferi undergoes genome-wide genetic exchange, including plasmid transfers.” - Wei-Gang Qiu, et al. Proceedings of the National Academy of Sciences

“We have established conjugal plasmid transfer from Escherichia coli to B. [Bartonella] henselae and used this process to determine functional origins of replication and antibiotic resistance genes.” - Christoph Dehio, Pasteur Institute and Marlene Meyer, Max Planck Institute for Biology
Biofilms (cont’d)

• “Biofilm bacteria apply chemical weapons in order to defend themselves against disinfectants and antibiotics, phagocytes and our immune system.” - Dr. Carsten Matz, Helmholtz Center for Infection Research

• “We have detailed for the first time the signaling pathway from nitric oxide to the sensor through cellular regulators and on to the biological output, biofilm formation.” - Michael Marletta, PhD., CEO, Research President at the Scripps Research Institute
Herbal Anti-Biofilm Strategies

- Use herbs (gradually) to penetrate biofilms
  - Terminalia Chebula (he zi)
  - Berberine extracts from Coptidis Rhizome (huang lian)
  - Cimicifuga (sheng ma)
  - Cinnamon twigs (gui zhi)
  - Forsythia (lian qiao)
  - Gentiana (long dan cao)
  - Granatum rind
Herbal Anti-Biofilm Strategies (cont’d)

• Use herbs to penetrate biofilms (cont’d)
  – Honeysuckle flower (jin yin hua)
  – Magnolia bark (hu po)
  – Mint (bo he) - kills bacteria under oral biofilms
  – Mume fruit (wu mei)
  – Phellodendron (huang bai)
  – Rhubarb (da huang)
  – Viola (zi hua di ding)
  – Earthworm (di long)
Herbal Anti-Biofilm Strategies (cont’d)

• Terminalia chebula (he zi)
  – Binds the intestines
  – Treats dysentery
  – Stops diarrhea
  – Penetrates pseudomonas biofilms and kills the bacteria
Herbal Anti-Biofilm Strategies (cont’d)

• Add herbs that inhibit or kill drug resistance MRSA or PRSA
  – Scutellaria (Chinese name: Huang Qin)
  – Scutellaria Barbarate (Chinese name: Ban Zhi Lian)
  – Acorus (Chinese name: Shi Chang Pu)
  – Tonify the Middle and Augment the Qi herbal formula without ginseng or codonopsis (Chinese name: bu zhong yi qi tang)
Herbal Anti-Biofilm Strategies (cont’d)

- Add herbs that inhibit nitric oxide production
  - Angelica sinensis, Chinese name: Dang Gui
  - Ligusticium or Cnidium root, Chinese name: Chuan Xiong
  - Houttuynia, Chinese name: Yu Xing Cao
  - Cyperus Rotundil, Chinese name: Xiang Fu
  - Uncaria rhynchophylla, Chinese name: Diao Gou Teng
  - Withania somnifera, Chinese name: Shui Qie, Ayurvedic name: Ashwagandha
  - White Peony Root, Chinese name: Bai Shao
Herbal Anti-Biofilm Strategies (cont’d)

- Add herbs that inhibit nitric oxide production (cont’d)
  - Paederia scandens, Chinese name: Jiangxi
  - Schissandra Chinensis, Chinese name: Wu Wei Zi
  - Radix Puerariae, Chinese name: Ge Gen
  - Ziziphora clinopodioides
  - Taraxasterol found in Chinese dandelion, Chinese name: Pu Gong Ying
  - Astragalus Root, Chinese name: Huang Qi
  - Helonias Dioica
  - Rosa multiflora, Thunb., Chinese name: Ying Shi
**Herbal Anti-Biofilm Strategies (cont’d)**

- Add herbs that inhibit nitric oxide production (cont’d)
  - Polygonum multiflorum, Chinese name: He Shou Wu
  - Arisaema cum Bile, Chinese name: Dan Nan Xing
  - Angelica sinensis with Sophora flavescens, Chinese names: Dang Gui and Ku Shen
  - Feverfew, Tanacetum parthenium
  - Magnolia bark, Chinese name: Hou Po
  - Curcumin from Turmeric, Chinese name: Jiang Huang
  - Ericaulon buergerianum, Chinese name: Gu Jing Cao
  - Pulicaria guestii
Herbal Anti-Biofilm Strategies (cont’d)

- Add herbs that inhibit nitric oxide production (cont’d)
  - Cardamom, Chinese name: Cao Guo
  - Harmine from Syrian rue, Chinese name: Luo Tuo Peng Zi
  - Astragalus root with Rehmannia root, Chinese names: Huang Qi with Sheng Di Huang
  - Icariin and ICT from Epimedium, Horny Goat Weed, Chinese name: Yin Yang Huo
  - Hyperosside from Chinese Hawthorn, Chinese name: Shan Zha
  - Black Cumin Seed, Chinese name: Hei Zhong Cao Zi, Ayurvedic name: Kalonji
Anti-Biofilm Supplements

• Use supplements to penetrate biofilms
  – Nattokinase - High amounts of vitamin K2 breakdown biofilm
  – Lumbrokinase
  – Rechts Regulat
  – Interfase
  – Xylitol and lactoferrin

• Use probiotics to decrease pathogens
  – Pediococcus probiotics increases healthy biofilms, can be taken at same time with antibiotics http://www.imagilin.net/
Dietary Anti-Biofilm Strategies

- Food and herbs to disrupt Quorum Sensing Communication
  - Blueberry
  - Raspberry
  - Cranberry
  - Blackberry
  - Grape
  - Kale
  - Oregano
  - Basil
  - Rosemary
Dietary Anti-Biofilm Strategies (cont’d)

• Food and herbs to disrupt Quorum Sensing Communication (cont’d)
  – Thyme
  – Ginger (Chinese name: sheng jiang)
  – Turmeric (Chinese name: jiang huang)
  – Raw garlic (Chinese name: da suan)
  – Red seaweed / Delisea Pulchra – disrupts quorum sensing chemical signals
  – Scutellaria baicalensis (Chinese name: huang qin)
Calm the Emotions and Spirit Herbs

- Herbs for calming the emotions and spirit
  - Rhizome Polygonati (Huang Jing)
  - Lily Bulb (Bai He)
  - Glehnia (Bei Sha Shen)
  - Scrophularia (Xuan Shen)
  - Raw Rehmannia (Sheng Di Huang)
  - Quinquefolii (Xi Yang Shen)
  - Poria (Fu Shen)
  - Rosewood (Jiang Xiang)
  - Calcified animal bones (Long Gu)
  - Succinum (Hu Po)
  - Zizyphus (Suan Zao Ren)
Calm the Emotions and Spirit Herbs and Treatments

• Herbs for calming the emotions and spirit (cont’d)
  – Polygala (Yuan Zhi)
  – Ganoderma, Reishi Mushroom (Ling Zhi)

• Acupuncture

• Craniosacral technique

• Penetrating Divine Illumination (Tong Shen Ming) Sufi healing
Replenish and Heal Organs & Systems

• Replenish vital energy and heal organs and systems
  – Acupuncture
  – Craniosacral, visceral manipulation
  – Low Light Therapy
  – Liposomal supplements and herbs
  – Dietary modifications
Herbs to Replenish & Heal Organs & Systems

• Eucommia Bark (du zhong)
  – Strengthens the Kidney, Liver and Heart functions
  – Warming
  – Strengthening for the bones and muscles
  – Alleviates discomfort in the lower back and legs
  – Calms the nerves while strengthening the core of the body
Herbs for Regulating Inflammation

- Ganoderma / reishi mushroom (ling zhi)
  - Nourishes the heart and calms the spirit
  - Strengthens vital energy
  - Nourishes the blood
  - Hepatoprotective
  - Helps to regulate excessive immune system in auto-immune diseases and allergies
- Ganoderic acids help
  - Fight auto-immune diseases
  - Inhibit histamine release
  - Improve oxygen utilization
  - Improve liver functions
  - Potent antioxidant free-radical scavengers
  - Supports neurological healing
Herbs for Regulating Inflammation

• Cordyceps (dong chong xia cao)
  – Enhances kidney energy (yang) and replenishes vital energy (jing / essence)
  – Treats kidney weakness / adrenal fatigue presenting with lumbar and knee soreness, impotence.
  – Significantly blocked the cytokine TNF-alpha and IL-12 secretion in LPS/IFN-γ stimulated macrophage cells through reducing inducible NO synthase expression.
Herbs for Regulating Inflammation

• Ligusticum (Chinese name: chuan xiong)
  – Anti-inflammatory and pain reducing effects, exerting its anti-inflammatory benefits in the early and the late stages of processes in the inflammatory pathology
  – Contains alkaloids that have been shown in studies to inhibit TNF-alpha production and TNF alpha-mediated NF-kappaB activation
Herbs for Regulating Inflammation

- Angelica (Chinese name: dang gui)
  - Blood moving herb for decreasing stagnation (i.e. hypercoagulation)
  - Reduces edema in early and late stages of inflammation by decreasing leukocyte counts, neutrophil density, and interleukin-6 (IL-6) expression
  - Increases levels of PGD2, an important natural anti-inflammatory prostaglandin
  - A natural source of ferulic acid, a potent antioxidant that protects cells from damaging reactive oxygen species (ROS)
Herbs for Regulating Inflammation

- **Scrophularia** (Chinese name: xuan shen)
  - Reduces brain fog, neck swelling, edema, cell infiltration and proliferation of activated T-lymphocytes in damaged joint tissues
  - Inhibit inflammatory factors, including prostaglandin E2, leukotriene B4, NO, IL-1B, IL-2, IL-4, interferon-gamma (INFy) and tumor necrosis factor-alpha (TNFa)
  - no negative effect on the production of interleukin-10, an anti-inflammatory cytokine
  - Contains glycoterpenoid, Verbascosaponin A, that is twice as potent as the NSAID indomethacin for relieving inflammation & pain
Herbs for Regulating Inflammation

• Rehmannia (Chinese name: shu di huang)
  – Inhibits TNF-1 by inhibiting Interleukin-1 (IL-1)
  – Contains a unique iridoid glycoside, catalpol, that has been shown to exert protective effects on dopaminergic neurons to help inhibit microglial activation, thereby reducing the production of pro-inflammatory factors
Herbs to Regulate the Immune System

- Customized herbal formula for regulating the immune system

- Based on FAHF-2 developed at Mt. Sinai Hospital for stopping peanut anaphylaxis
  - Oldenlandia (Chinese name: Bai Hua She She Cao)
  - White Peony Root (Chinese name: Bai Shao)
  - Salvia (Chinese name: Dan Shen)
  - Cordyceps (Chinese name: Dong Chong Xia Cao)
Herbs to Regulate the Immune System (cont’d)

- Phellodendron (Chinese name: Huang Bo)
- Scutellaria (Chinese name: Huang Qin)
- Coptidis (Chinese name: Huang Lian)
- Honeysuckle Flower (Chinese name: Jin Yin Hua)
- Ganoderma (Chinese name: Ling Zhi)
- Cinnamon twig (Chinese name: Gui Zhi)
- Zanthoxylium (Chinese name: Hua Jiao)
- Mume (Chinese name: Wu Mei)
- Rhodiola (Chinese name: Hong Jing Tian)
Inflammatory Cytokines and Herbs

• Analyze the effects of herbs on inflammatory cytokines and immune compounds
• Some herbs can increase both pro-inflammatory and anti-inflammatory compounds
• Use herbs traditionally used for fighting infection, reducing toxicity, and draining inflammation
Inflammatory Cytokines and Herbs

- Herbs that decrease IL-1 (proinflammatory cytokine regulators)
  - Turmeric (Chinese name: jiang huang)
  - Polygala tenuifolia (Chinese name: yuan zhi)
  - Smilax glabra (Chinese name: tu fu ling)
  - Uncaria tomentosa (cats claw)
  - Rehmannia (Chinese name: sheng di huang)
  - Cinnamaldehyde (in cinnamon essential oil)
Inflammatory Cytokines and Herbs

- Herbs that increase IL-1 (proinflammatory cytokine regulators)
  - Cinnamon bark (Chinese name: rou gui)
  - Codonopsis (Chinese name: dang shen)
  - Schisandra (Chinese name: wu wei zi)
  - Echinacea
  - Oldenlandia (Chinese name: bai hua she she cao)
Inflammatory Cytokines and Herbs

- Herbs that decrease IL-1\(\alpha\) (proinflammatory cytokine)
  - Garlic (Chinese name: da suan)
- Herbs that increase IL-1\(\alpha\) (proinflammatory cytokine)
  - Acanthopanax Gracilistylus (Chinese name: wu jia pi)
  - Withania somnifera (Ayurvedic name: Ashwagandha)
  - Echinacea
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-1b (inflammatory mediator cytokine)
  – Chinese nutgalls (Chinese name: wu bei zi)
  – Scrophularia (Chinese name: xuan shen)
  – Thyme and Oregano essential oil mixture

• Herbs that increase IL-1b
  – Echinacea
  – Poria (Chinese name: fu ling)
  – Ginger (Chinese name: sheng jiang)
  – Milk thistle
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-2 (T-cell growth)
  – Garlic (Chinese name: da suan)
  – Cordyceps (Chinese name: dong chong xia cao)
  – Milk thistle
  – Scrophularia (Chinese name: xuan shen)

• Herbs that increase IL-2 (T-cell growth)
  – Smilax glabra (Chinese name: tu fu ling)
  – Withania somnifera (Ashwagandha)
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-4 (anti-inflammatory cytokine, wound repair)
  – Milk thistle
  – Scrophularia (Chinese name: xuan shen)

• Herbs that increase IL-4 (anti-inflammatory cytokine, wound repair)
  – Polygala (Chinese name: yuan zhi)
Inflammatory Cytokines and Herbs

- Herbs that decrease IL-6 (pro-inflammatory, anti-inflammatory cytokine)
  - Garlic (Chinese name: da suan)
  - Astragalus (Chinese name: huang qi)
  - Coptis (Chinese name: huang lian)
  - Angelica (Chinese name: dang gui)
  - Eucalyptus essential oil
  - Thyme and oregano essential oil combined
# Inflammatory Cytokines and Herbs

<table>
<thead>
<tr>
<th>Herbs that increase IL-6 (pro-inflammatory, anti-inflammatory cytokine)</th>
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<tbody>
<tr>
<td>- Acanthopanax Gracilistylus (Chinese name: wu jia pi)</td>
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<td>- Aloe vera</td>
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<td>- Echinacea</td>
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<td>- Poria (Chinese name: fu ling)</td>
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<td>- Uncaria tomentosa (cats claw)</td>
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<td>- Ginger (Chinese name: sheng jiang)</td>
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</tbody>
</table>
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-8 (pro-inflammatory cytokine)
  – Tree peony (Chinese name: mu dan pi)
  – Turmeric (Chinese name: jiang huang)

• Herbs that increase IL-8
  – n/a
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-10 (anti-inflammatory cytokine)
  – Garlic (Chinese name: da suan)
  – Echinacea
  – Milk thistle

• Herbs that increase IL-10
  – n/a

• Herbs that do not affect IL-10
  – Scrophularia (Chinese name: xuan shen)
  – Thyme and oregano essential oil combined
Inflammatory Cytokines and Herbs

• Herbs that decrease IL-12 (stimulates TNF-a)
  – Garlic (Chinese name: da suan)
  – Cordyceps (Chinese name: dong chong xia cao)

• Herbs that increase IL-12
  – Ganoderma / Reishi (Chinese name: ling zhi)
Inflammatory Cytokines and Herbs

- Herbs that decrease TNF (aka TNF-a, proinflammatory cytokine)
  - Acanthopanax Senticosus (Chinese name: ci wu jia)
  - Garlic (Chinese name: da suan)
  - Turmeric (Chinese name: jiang huang)
  - Perilla fruit (Chinese name: su zi)
  - Polygala (Chinese name: yuan zhi)
  - Scutellaria (Chinese name: huang qin)
  - Smilax (Chinese name: tu fu ling)
  - Uncaria tormentosa (cats claw)
  - Withania somnifera (Ayurvedic name: Ashwagandha)
Inflammatory Cytokines and Herbs

- Herbs that decrease TNF (aka TNF-a, proinflammatory cytokine) (cont’d)
  - Scrophularia (Chinese name: xuan shen)
  - Ligusticum (Chinese name: chuan xiong)
  - Cordyceps (Chinese name: dong chong xia cao)
  - Rehmannia (Chinese name: sheng di huang)
  - Eucalyptus essential oil
  - Thyme and oregano essential oil combined
  - Tea tree essential oil
  - Cinnamaldehyde in cinnamon essential oil
Inflammatory Cytokines and Herbs

- Herbs that increase TNF (aka TNF-a, proinflammatory cytokine)
  - Acanthopanax Gracilistylus (Chinese name: xi zhu wu jia)
  - Bupleurum (Chinese name: chai hu)
  - Cinnamon bark (Chinese name: rou gui)
  - Cnidium (Chinese name: she chuang zi)
  - Echinacea
  - Ginseng (Chinese name: ren shen)
  - American ginseng (Chinese name: xi yang shen)
  - Stellaria (Chinese name: yin chai hu)
Inflammatory Cytokines and Herbs

- Herbs that increase TNF (aka TNF-a, proinflammatory cytokine) (cont’d)
  - Poria (Chinese name: fu ling)
  - Milk thistle
  - Terminalia chebula (Chinese name: he zi)
  - Withania somnifera (Ayurvedic name: Ashwagandha)
Inflammatory Cytokines and Herbs

- Herbs that decrease TGF-B (inflammation and immune response mediator, overproduction results in increased inflammation)
  - Poria (Chinese name: fu ling)
  - Ass hide glue (Chinese name: e jiao)

- Herbs that increase TGF-B
  - n/a
Inflammatory Cytokines and Herbs

- Herbs that decrease INF-y (activates macrophages which drives chronic inflammation)
  - Poria (Chinese name: fu ling)
  - Acanthopanax Gracilistylus (Chinese name: xi zhu wu jia)
  - Garlic (Chinese name: da suan)
  - Ginseng (Chinese name: ren shen)
  - Scrophularia (Chinese name: xuan shen)
  - Corydyceps (Chinese name: dong chong xia cao)
Inflammatory Cytokines and Herbs

- Herbs that increase INF-y (activates macrophages which drives chronic inflammation)
  - Corydycpeps (Chinese name: dong chong xia cao)
  - Polygala (Chinese name: yuan zhi)
  - Withania somnifera (Ayurvedic name: Ashwagandha)
Inflammatory Cytokines and Herbs

- Herbs that decrease GM-CSF (proinflammatory cytokine)
  - Ginger (Chinese name: sheng jiang)

- Herbs that increase GM-CSF
  - Licorice (Chinese name: gan cao)
  - Dioscorea (Chinese name: shan yao)
  - Pseudocinnamon
  - Codonopsis lanceolata
  - Ass hide glue (Chinese name: e jiao)
Inflammatory Cytokines and Herbs

- Herbs that decrease MMP-9 (delivers inflammatory elements from the blood into sensitive tissues, can combine with PAI-1 to increase clot formation and arterial blockage)
  - Polygonum multiflora (Chinese name: he shou wu, shou wu teng)
  - Shark cartilage extract (Neovastat® (AE-941), Squalamine)
Inflammatory Cytokines and Herbs

- Herbs that decrease MMP-9 (cont’d)
  - Soybeans, edamame (Chinese name: mao dou) (Genistein)
  - Aurantii fructus immaturus (Chinese name: zhi shi) (Nobiletin)
  - Turmeric (Chinese name: jiang huang) (Curcumin and Xanthorhizzol)
  - Green tea (Chinese name: lu cha) (Catechins)
Inflammatory Cytokines and Herbs

- Herbs that decrease MMP-9 (cont’d)
  - Black tea (Chinese name: cha) (Theaflavins)
  - Grapes (Resveratrol)

- Herbs that increase MMP-9
  - n/a
Inflammatory Cytokines and Herbs

- Herbs that decrease PAI-1 (inhibits fibrinolysis)
  - Radix Astragali (Chinese name: huang qi) and Rhizoma Ligustici (Chinese name: chuan xiong)
  - Radix Astragali (Chinese name: huang qi) and Salvia miltiorrhiza (Chinese name: dan shen)
- Herbs that increase PAI-1
  - n/a
Inflammatory Cytokines and Herbs

- Herbs that decrease Leptin (cytokines bind to leptin receptor, blocking MSH production)
  - Pueraria (Chinese name: ge gen) (Puerarin)

- Herbs that increase Leptin
  - n/a
Inflammatory Cytokines and Herbs

Herbs that decrease complement C4a (biotoxins can chronically elevate C4a)
  – n/a

• Herbs that increase complement C4a
  – n/a
Inflammatory Cytokines and Herbs

• Herbs that decrease TGF-Beta1 (anti-inflammatory)
  – Radix Astragali (Chinese name: huang qi) and Salvia miltiorrhiza (Chinese name: dan shen)
  – Radix Astragali (Chinese name: huang qi) and Angelica sinensis (Chinese name: dang gui)
  – Berberine
  – Broccoli (Sulforaphane)
  – Rehmannia (Chinese names: shu di huang, sheng di huang)

• Herbs that increase TGF-Beta1
  – n/a
Immune System and Treatment

• Treatments that increase VIP
  – Acupuncture
  – Homeopathic VIP
Herbs for Moving the “Gu” Out

- Herbs for moving pain, inflammation, and neurological symptoms out
  - Ligusticum (Chinese name: Chuan Xiong)
  - Buplerum (Chinese name: Chai Hu)
  - Zedoraria (Chinese name: E Zhu)
  - Spargani (Chinese name: San Leng)
  - Tangerine peel (Chinese name: Chen Pi)
  - Auklandia (Chinese name: Mu Xiang)
  - Lycopus (Chinese name: Ze Lan)
  - Notoginseng (Chinese name: San qi)
Reduce Manganese Strategies

- Lyme bacteria without manganese transporter BmtA unable to be virulent
- Reduce foods high in manganese
  - Teas: Instant, green, black
  - Ground cloves
  - Saffron
  - Cardamom
  - Ground ginger
  - Toasted wheat germ
  - Ground cinnamon
  - Rice bran
  - Hazelnuts
  - Blanched filberts
  - Wheat bran
  - Dried spearmint
  - Dried parsley
  - Raw teff
  - Dried pine nuts
  - Bay leaf
Divine Healing

• Chronic infection of “Gu” is a pathological darkness that lead to progressive organ decay, torturous pain, and insanity
  – Many patients reported “I’m not my self” or “Something has taken me over”

• Chinese medicine describes three levels of healing
  – 1st level you treat the symptoms
  – 2nd level you treat the person
  – 3rd level you invoke Divine insight for intuitive diagnosis and treatment (not taught today)
Sufi healing is a Middle eastern herbal, dietary, and spiritual healing tradition
- Teach clients a tool called remembrance for invoking and healing thru their Highest Source
- Some patients need to express symptoms
- Offer depossesson treatment as an option to patients
- Especially effective for reducing persistent symptoms that do not respond to treatment: aches or pains, palpitations, unrelenting headaches, and mood swings
How do I add / integrate alternative treatments?

• Low hanging fruit strategy
  – Pick a treatment modality that you matches your patient’s problem(s) and implement
  – Many Lyme LLMP’s start with one supplement or herb
  – Medically sound and legally defensible
  – Create a mastermind / heart group to support you

• Get trained on herbs, cupping, or detoxification methods
  – Training on October 4th – 6th on the GoodbyeLyme system
    http://goodbyelyme.com/training

• Collaborate with other practitioners
Case Study 1

- 55 yr old caucasian male
  - Lives in wooded, endemic area
  - 2002 1\textsuperscript{st} symptoms (hands locked up, flu-like symptoms, fatigue) treated with steroids, no symptoms
  - 2006, his symptoms recurred, treated with steroids, symptoms resolved
  - New symptoms July 2009, positive WB, treated with doxycycline for four weeks
  - Symptoms persisted: Bels palsy, fatigue, headache, mental fog, pain in right ankle
55 yr old caucasian male (cont’d)

- Started treatment Sept 2009 with
- Ionic foot detox
- Acupuncture (spleen-4, lung-9, colon-15)
- Sufi depossession treatment
- Three custom herbal formulas (powdered)
  - Anti-spirochete
  - Detoxification
  - Immune enhancer

- 80% of symptoms resolved at the end of the 1st treatment
Case Study 1 (cont’d)

• 55 yr old caucasian male (cont’d)
  – “Felt like a million bucks” two days after treatment
  – Nine weekly treatments of detox foot baths, acupuncture, wet cupping, Sufi depossession treatments, burning frankincense at home, daily receiving from his Highest Source, dietary changes, daily herbs
  – November 2009 symptom free
  – Still symptom free three years later
Case Study 2

- 57 yr old caucasian female
  - Lives in tick endemic area, has observed ticks inside the house
  - First symptoms 1998, insect bite, flu and spotted rash, negative Lyme test, not treated with antibiotics
  - Declining health, bedridden in 2000, reports head and ears want to explode, recurring rash on legs, migrating into knees, elbows, negative Lyme test
  - Right knee replacement in 2003
Case Study 2 (cont’d)

• 57 yr old caucasian female (cont’d)
  – Neurological symptoms, brain scans find nothing wrong in 2004
  – Saw multiple specialists, lots of blood tests, taking pain meds, antidepressants, analgesics
  – Stopped all meds in 2009 and felt better
  – Started chiropractic, PT, acupuncture
  – 2012 acupuncturist refers patient
  – Failed VCS test
  – + LabCorp WB for Bb, Mycoplasma pneumonia, HLA-DRDQ multisusceptible, other co-infection tests negative
Case Study 2 (cont’d)

- 57 yr old caucasian female (cont’d)
  - Chief concerns: left shoulder pain 5 of 10, neck limited ROM 5 of 10, groin & hip pain 5 of 10, feet & ankles always hurt- burn- tingle- numb 5 of 10, right hand weakness and swelling
  - Mar 2012, started bi-weekly treatment
  - Ionic foot detox, acupuncture on spleen and lung meridians, thread moxa on soles of feet and right hand, cupping and bloodletting on shoulder, back, right knee.
Case Study 2 (cont’d)

• 57 yr old caucasian female (cont’d)
  – Implemented low fat, no dairy, no wheat, low sugar, organic diet
  – Took daily Liposomal Glutathione, anti-Lyme, anti-Mycoplasma, anti-Bartonella Lipo herbs
57 yr old caucasian female (cont’d)

- 40% reduction of symptoms at first treatment
Case Study 2 (cont’d)

• 57 yr old caucasian female (cont’d)
  – Symptom free
    10 months later
  – Lost 33 pounds
  – Can walk several miles
More Questions

• How can we help more patients to get better more efficiently at a lower cost?
• How can we collaborate more effectively with each other? Technology? Share what is working with the sickest patients?
• How can we better measure the effectiveness of treatment and medicinals in real-time?
• How will the ACA impact our ability to help our patients? What do we need to do about getting ready for ACA?
Conclusion

• Many challenges to healing people with Lyme disease and multiple infections
• Chinese medicine, alternative medicine can provide effective tools for overcoming chronic infections and relapsing symptoms
• Focus on the dust as a way to discover the perfect mirror within

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TwoFrogsHealingCenter@gmail.com
Herb references


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Detoxification herbs references

- Gu Syndrome herbs

- Anti-endotoxin herbs
  - Yang Mingwei;Li Mingzhen;Ye Wangyun et al, Comparative Study of Effects of the Mixture Reduqing and Its Four Component Herbs—Influence on Endotoxin in vivo and in vitro, Institute of Integrated Traditional Chinese and Western Medicine, Tongji Medical University, Wuhan 1996
Detox acupuncture references


References for anti-spirochete herbs

References for anti-Bartonella herbs

References for anti-Babesia herbs

References for anti-Biofilm herbs

References for anti-Biofilm herbs


References for anti-Biofilm herbs


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References for anti-Biofilm herbs


Cupping references

• Michalsen A, et al, Effects of traditional cupping therapy in patients with carpal tunnel syndrome: a randomized controlled trial. J Pain. 2009 Jun;10(6), p601-8 -> Carpal tunnel pain was reduced over 50% at seven day follow up after only one treatment.


Low Light Therapy References

