

Lyme disease

Don't Get Ticked Off By Lyme Disease By Lisa Forgione, MD

Summer is upon us and for many folks that means spending time outdoors, hiking, camping, walking and exploring forests and wooded areas. It also means working and playing in your own backyard. No matter where you live in the continental United States, you are at risk for the tick-borne illness known as Lyme disease. Lyme disease is caused by the bacterium *Borrelia burgdorferi*. Deer ticks harbor these bacteria and spread it when feeding on animals and humans. People in the Northeast, Midwest and Northwest are at highest risk, but these ticks can be found in any grassy or heavily wooded area — even your own backyard!

Signs and Symptoms

Most cases of Lyme disease start with a rash that looks like a bump, and then grows into something like a bull's eye, as illustrated below. This rash is called erythema migrans, and can start where the tick bite occurred. It happens in 70-80% of Lyme disease cases. Flu-like symptoms can also occur, such as fever, chills, fatigue, body aches and headache. The symptoms and pattern of Lyme disease can vary from person to person because the illness can affect many different body systems.

If you develop a rash and flu-like symptoms and feel that you may have contracted Lyme disease, you should seek medical attention. At this point in time, treatment is easy and can prevent the serious and sometimes severe complications of Lyme disease. Your doctor can fully evaluate and examine you for the illness. There is a blood test that can check to see if you have Lyme disease, but this test does take a few weeks after exposure to show a positive result. If your doctor feels you have the early stages of Lyme disease, he or she will probably offer you a 10-14 day course of oral antibiotics to kill the bacteria and prevent complications. As the blood test can take some time before it becomes positive, oral antibiotics are recommended as a preventative.

If Not Treated...

What are the complications? It is amazing that a tick-borne illness can produce such serious issues. If not treated, severe joint pain can develop associated with swelling and redness. The knees are the most common joints affected, but the pain and swelling can move from joint to joint, a condition known as migratory arthritis.

People with untreated Lyme disease also can develop neurological problems. These include meningitis, Bell's palsy (facial nerve paralysis), and numbness and weakness in the arms and legs. These problems can persist for months, even years, in an untreated infection, and can be very debilitating. Some people also develop an irregular heartbeat, eye problems, hepatitis and very severe chronic fatigue.

Take Precautions

You may be bitten by a deer tick and not even know it because it doesn't hurt or sting. The tick attaches to your skin and eventually the Lyme disease bacteria will get into your bloodstream. This usually takes 48 hours. Common sense precautions include wearing protective clothing when in wooded/grassy areas and using a tick repellent containing a strong concentration of DEET —10 to 30%. Oil of lemon eucalyptus can also be used as a preventive. Do not use these products on children under the age of 3. *[Heidi's Note: **DEET causes seizures in children and adults and should not be used.** SHIRLEY DAVIS, CHN "Creating Healthier Lives" Taking Garlic can help prevent tick infestation and it acts as a natural anti-biotic – thus if going into a place with lots of ticks take more of Shaklee Garlic Complex. Also Basic-H2 can be used as a bug spray]*

Checking yourself for ticks after possible exposure and removing the tick greatly lessens your chance of getting Lyme disease. Just grasp the tick with tweezers and remove as much of it as possible. Lastly, maintaining your yard by keeping the grass mowed and brush trimmed will keep the tick population down. Your pets are also at risk for deer tick bites, and they should be checked carefully for ticks and/or a rash after being outdoors. Also, there have been cases of Lyme disease where people weren't in the woods or grassy areas, so be aware of your risk just spending time outdoors.

Using these precautions and preventive strategies, you greatly reduce your chance of getting a deer tick bite and developing Lyme disease. If you are bitten by a tick, you now know what the signs and symptoms of Lyme disease are and can seek early medical attention to prevent the serious complications of the disease.

So, enjoy this summer and the great outdoors to the fullest... and protect yourself against Lyme disease!

Lisa Forgione, MD, is an Emergency Medicine Physician,

Lyme disease- My Testimony

I contracted Lyme in 1990 in Arkansas; a state as many are told does not have Lyme disease. I found the tick so therefore I knew I had Lyme. I developed every one of the Lyme symptoms, but could not get a Dr to believe it was Lyme. In 1992 we moved to upstate NY and in 1994 when things really got bad for me I finally found a Dr to diagnosis me and basically couldn't believe with my symptoms that no one else would treat me for this. I received at that time 4 weeks of doxy which temporally helped with things like the black outs, but nothing else. As time went on I got really scared. I actually thought I had MS because the symptoms were so bad. Well it continued to get worse to the point I was now bedridden. Test showed I was "Full of Arthritis". They put me in physical therapy for 3x wkly and told me to get use to it. To give you a little background on myself, prior to contract Lyme in 1990, I was an extremely active person. Did century rides on my bike, ran 3 miles daily, swam, lifted weights, you name it.

Nothing in this world would ever slow me down. Little did I know how severe this disease could be? In fact when I found the tick on me, after collapsing in a store totally paralyzed, my husband was more upset then I because he knew more about Lyme. No little tick was going to get me down. When you are lying in bed it gives you lots of time to think and read which is exactly what I did. Prior to contracting Lymes I had used supplements, but nothing major. In fact I want to clear the air right now this is not about selling anything it is about what worked for me and why I use a certain brand - Shaklee. I had used the Shaklee multi and that was it, but I had seen this product do wonderful things for others in my family, including my son who was so sick from birth.

So I thought it was time to test this stuff on me. Through my research I discovered a lot about the immune system and how critical it is to any disease to keep it running correctly. I learned a lot about environmental toxins, the foods we eat and what is in them and on and on. So I watched what I ate, MEGA dosed on supplements, drank lots of water to flush my system and hydrate me, and learned to listen to my body. So began my recovery. I was up and walking again in a short period of time and a lot of the other symptoms started to disappear. The longer I did what I did the better I got. Below is a list of what I take and why. Please understand I am not into these so called miracle cures. I believe if the body is fed what it needs it will take care of itself. After all we are made of nothing but protein, vitamins, minerals, water, fats, carbs. The problem being is so much of our food is depleted of these things and heavily saturated with chemicals it suppressed the immune function.

This is what I take:

- **Soy Protein** – Needed to build Healthy cells/ repairs cells
- **Vita Lea*** - Best all round multi vitamin
- **Vita C*** - This is probably my favorite and I mega dose on this. So good for the immune system and fighting infections. *Now available is the Vitalized Immunity which is like eating 16 oranges...*
- **B-complex*** - Converts food to energy, builds red blood cells, and helped with my neuron damage.
- **Formula I** - This is designed specifically for the immune system. *(Better would be **Nutriferon**)*
- **Garlic** - Again great for the immune system as well as the heart. I had developed heart complications.
- **Lecithin** - It is a fat emulsifier for the heart problems. As well it got my liver enzymes back to normal.
- **Alfalfa** - Great for arthritis as well as allergy problems which I developed after the Lyme. Also great for fighting infections.
- **Fiber** - For the obvious reasons, digestion. It is so critical to have a properly running digestive tract to rid the body of toxins. If the body does not flush the toxins out it will reinvest itself. Americans are the most constipated people in the world.
- **Herb Lax** - Again for the obvious reason, but as well this product cleanses lymph glands and blood stream.
- **OsteoMatrix** - This stopped the muscle spasms
- **Optiflora*** - For intestinal bacteria
- **Vita E*** - For heart and immune function
- **Caratomax (Beta Carotene)*** - Immune Function

(Note: all * supplements are in the **Vitalizer**)

As you can see from the list I take a lot of supplements. But these supplements along with some diet changes have brought my life back to normal. I look at it like this, instead of eating a bag of M&M's I eat supplements. One thing I must stress also was I avoid sugar. This is the quickest way I can bring my arthritis pain back. I have learned that it is because sugar dehydrates you and then causes digestion problems. As I mentioned earlier listen to your body. Each of use is different. You had also mentioned your husband had Candida problems and it wasn't from antibiotic use. This is true. We get more antibiotics in the food we eat. And if the body is stressed with any disease, infection, healing a wound, etc. this will cause the immune system not to keep the yeast under control.

I am so sorry to hear about your family all suffering from this disease. I hope I have offered some help. I will continue to stress to use Shaklee supplements. I know no other company with a better product. I have researched these people as well have tried other brands and there is no comparison. There is a lady in NY that I will gladly give her name to you if your brother would like to contact her. She too suffered from Lyme and Candida and is always willing to help people. She works very closely with a homeopathic dr. and highly recommends using Shaklee. Good luck and if there is anything else I can help you with or answer any other questions please don't hesitate to ask. If it takes a few days to get back please don't think I don't care it's just I'm traveling a lot these days with business.....Mary **This was in 2004 – before Vitalizer, Vivix, or Nutriferon**

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TESTIMONY LYMES DISEASE / G.Mariko "I Am Back!

I have spent the past 4 ½ years very sick. I had unknowingly contracted Lymes Disease from a tick bite while I was hiking in Lake Tahoe Nevada. A few weeks later I began to feel tired, had flu like symptoms and my neck was extremely tense. Lymes Disease never crossed my mind since those types of ticks aren't supposed to live in the area.

At the time I was practicing Traditional Chinese Medicine and thought I was just overdoing it since I had just sold my practice in Arizona and had moved to Lake Tahoe with my husband and was starting a new practice. I had been rock climbing for 11 years and had always been active, but when I announced that I was selling my practice, my patient load doubled... "I'm just tired", I thought.

I decided to make an appointment with a woman I knew practicing Homeopathic Medicine to see if she could help me. To make a very long story short, she did not. Turned out she didn't have a license and had never been to school, she was ordering homeopathic equipment through her husband's chiropractic practice. She ended up injuring me to the point of a near death experience.

That was January 2004, I was 29 years old at the time. It's difficult to describe the state I was in but to give you an idea, things we take for granted like speaking and breathing were exhausting to me. A few too many minutes on the phone and I would pass out. Needless to say, I closed my practice. I had been to 16 doctors, 8 western and 8 holistic.

I was finally diagnosed with 3rd stage Lyme's Disease and Adrenal Fatigue by my 16th doctor, years later. She believed that my mitochondria had been damaged by the "Homeopath" but didn't have a good answer on how to fix it.

The Lyme's Disease had gone into my brain and nervous system and I could not walk or speak. I had become confused and was unable to do simple things like turn on a light switch, shower or cook. My parents had to come help us. After being treated for both the Adrenal Fatigue and Lyme's Disease over a period of 1 year and 8 months, I was well. I still had trouble with my memory and re-learning was difficult for me. I only remembered tiny bits about Chinese Medicine and any time I would try to read or re-learn something, it would be gone in a matter of days.

I believe that switching to Shaklee products helped me recover as fast as I did. Most people with 3rd stage Lymes Disease take years to recover or they don't recover at all. Going green with Shaklee cleaners and switching to Shaklee vitamins (Protein, Vitalizer, Nutriferon, etc.) made a huge impact on our lives. However I was still tired quite often and only had about 4 or 5 hours of energy in me a day.

Then Shaklee launched Vivix!!! This was my turning point. My first day taking it I was on the go during the Shaklee Conference from 6:45am until 12:30am, dancing the night away! As my day got longer I seemed to have more and more energy. By the 3rd day of Vivix I had my most clear conversation in years. Someone asked me about Chinese Medicine and some health problems they were having, usually I would have to tell that person that I don't remember much about Chinese Medicine. But not That Day! The next thing I knew I was doing an impromptu assessment and diagnosing her, it was all clear to me!!

On my 5th day of taking Vivix I happened to have an appointment with one of my holistic doctors and he said that Vivix is "bringing me back to life" and "making drastic changes in my body". How Exciting!!! I feel AMAZING! The best way to describe how I feel is to say I feel the way I did before all of this happened to me. I could not have written this even a month ago. I'm Back! I am grateful to Shaklee and am excited to feel alive again! My husband and I have our lives back! Not everyone who takes Vivix will be as sick as I was, but imagine the possibilities and the impact it will have on those who really are just overdoing it. G. M. F

Lyme Disease – Lynne “Bordering On Obnoxiously Perky”

During the past several years, after realizing that a debilitating arthritic ankle was due to Lyme disease, I changed strategies from focusing on controlling inflammation to fighting an infection and started to see immediate improvement. Without using “conventional” antibiotic protocols for advanced Lyme, I increased my Nutriferon to 4 per day, and of course too many Shaklee supplements to mention. At my worst, I needed a brace and could barely climb stairs. The pain wasn’t responding to any over the counter NSAIDS or Pain Relief. Over the course of a year I had improved dramatically, but still had some evening pain after a full day on my feet, and still needed to be very careful on the stairs.

I added VIVIX to my routine sporadically, and started to notice the lessening of pain. However, in January I started to take Vivix every day faithfully.

Sometime in mid-January I had the urge to start “Spring” housecleaning and rearranging! I was sleeping much better and waking at 5:30 all set to begin my day! Lately, I’ve been able to come down the stairs in the morning carrying things in both hands without rails or leaning on the wall. I notice I am bordering on obnoxiously PERKY, compared to folks around me. I was even dancing vigorously with my 5 year old grandson last Saturday night after a big day at the shop. How FUN and pain free is that!

I am so excited about VIVIX, I’ve been sharing my delight on a daily basis with friends and customers from my women’s retail store. Thank you Shaklee! Lynne Arnold (2013)

PS: My last biofeedback treatment was clear for all Lyme factors and my “cell vitality” was 10/10! My Quantum biofeedback therapist had never seen this before and ordered Vivix yesterday for herself and her dearest friend!

Lyme Disease – Karen “I Also Saved A Tooth”

I have had Lyme disease and fibromyalgia for years but thanks to Shaklee I have been able to lead a full and pretty normal life! I have my limitations and when I go past them, I pay! I recently started the Pain Relief complex and am thrilled with the results. I slept through the night for the first time in probably 25+ years, and I can go on long trips and hop out of the car pain free. I also saved a tooth I thought was a lost cause!

Having a problem with inflammation anyway, I had an emergency root canal. It was horrible! For the week prior to going to convention, I was still in misery even with cap temporarily put on. The usual pain was compounded by an even larger amount of inflammation. Nothing was helping and the dentist was preparing me for the worst. Within less than an hour after taking two of the Pain Relief Complex I realized that the pain was gone and that the cap was fitting perfectly. I was able to bite hard without any discomfort. When the dentist saw it, and he is a homeopathic dentist so he is VERY hard to convince about anything other than his personal products, he ordered six to start some of his patients on. I am thrilled to finally have some more limitations lifted in my life, once again, thanks to Shaklee!

Karen Burrows

Optiflora while on antibiotics

I bumped into one of my customer's today and learned that her son was just recently put on a round of antibiotics for Lyme disease. When I asked her if she had started giving him her Optiflora right away, she said no. Her doctor said not to start acidophilus until he had completed the 30 days of antibiotics. She had a friend with her who stated that she had heard the same thing before. I did not want to sound overly pushy, but I told them that I thought the doctor was wrong, but I would ask someone else who should know more than all of us. I know that the advice from a non-degreed Shaklee distributor will not be listened to as much as their doctor. Please help me out with your information. I know you do not give medical advice, but please share some information I can share with them, and any research studies bibliography references, etc.

.....Brenda D

Reply from Shaklee Field Communications:

The doctor may have specific reasons for recommending no acidophilus for 30 days that might be specific to the disease being treated. Therefore, you may want to recommend her doctor clarify the reasons for the prohibition on acidophilus. Otherwise, Shaklee Optiflora can be taken by someone who is on a course of antibiotics. According to our Health Sciences personnel, studies indicate that taking bifidus bacteria while on an antibiotic regimen can help reduce the time that an individual has symptoms of an infection, as well as to reduce harmful bacteria found in the colon. This is in line with recommendations made by many physicians to include yogurt in the diet while on antibiotics.....Your Friend at Shaklee/ smg

(NOTE from Heidi: Recommended is to not take the Optiflora until done with the antibiotics since the antibiotics kill the good and bad bacteria. Then double dose on the Optiflora for a week or two after antibiotics are completed.)

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Best plan would be to begin a regimen with the Detox Program (attached) and then follow it up with the Rebuilding along with extra Alfalfa, Garlic, and Omegaguard, Immunity Formula I, Vita-D, Nutriferon, Zinc, and Vita-C Sustained release. If neurological issues, also important would be the Mindworks (7/2015)

Abstract from the CDC 1999

Lyme disease is hardly a household word. In fact, unless you live in the Northeastern United States, you might not have heard of this potentially serious and somewhat mysterious illness. Lyme disease is an infection transmitted solely by tick bites. But don't cringe in fear the next time a friend suggests a walk in the woods. Only two species of ticks, both belonging to the "Ixode" genus, are carriers: deer ticks (*Ixodes scapularis*), and black-legged ticks (*Ixode pacificus*). Ixode ticks are found mainly on deer, although field mice, rabbits, sheep, and cattle may also pick them up.

The tick itself is not to blame for the infection, but small, spiral-shaped bacteria called *Borrelia burgdorferi* that lives inside the tick. Named for the town of Lyme, Connecticut, where it was first identified back in the early 1970's, Lyme disease has appeared in the Northeast, the Mid-Atlantic, the Pacific Northwest, Wisconsin, and Minnesota.(1) Lyme disease was discovered when young children living in the Lyme area began showing up in doctors' offices suffering from unexplained bouts of arthritis. After researching these puzzling cases, medical experts traced the problem to tick bites in the children and subsequently identified the guilty bacteria. (2)

Lyme disease is a challenging illness, both to diagnose and to treat. It is a difficult disease for clinicians to spot. For one thing, Ixode ticks are extremely small, about the size of a pinhead, making them hard to see, especially on areas of the body with hair. What's more, tick bites are virtually painless, so people often have no idea they've been bitten.

The infection usually produces no symptoms at first. In about half the cases, a rash appears at the site of the bite. Called a "bull's eye," this rash is the only visible sign of Lyme disease. Blood tests may not be reliable, since it takes up to four weeks after exposure before antibodies can be found in the blood. After several weeks, a highly sensitive test called "ELISA" can be used to diagnose Lyme disease more accurately. This is followed up with a "Western blot" test for confirmation. A new genetic engineering technique called "PCR" is being developed that can detect genetic material from the Lyme bacteria in tissue, blood, and body fluids.(3)

The symptoms of Lyme disease mimic many other illnesses, adding to the challenge physician's face in diagnosing it correctly. Lyme disease is often misdiagnosed as chronic fatigue syndrome, fibromyalgia, depression, or multiple sclerosis.

Statistics

Centers for Disease Control, 1999.

- 182,000 cases of Lyme disease have been identified since 1982.
- The number of early diagnosis doubled in 1992.

Signs & Symptoms

Lyme disease progresses through three stages of infection: early, early disseminated, and late. The "bull's eye" rash mentioned earlier is the main characteristic of the early stage. It begins as a small red spot at the site of the tick bite that grows to a round or oval rash over a period of days or weeks. It may be as small as a dime or as large as a watermelon. By this time, the rash has its "bull's eye" look--a red ring around a clear middle, with a small red mark remaining in the center. The rash may appear in other places as the infection worsens. The rash is often accompanied by mild, flu-like symptoms (fever, headache, fatigue, and muscle tenderness) that persist for 6 to 8 weeks after initial exposure.

In the "early disseminated" stage, pain and inflammation are the major symptoms. Neurological problems such as Bells' palsy, which causes temporary facial paralysis and meningitis, signaled by headache, sore neck, and back pain, can occur. Joints may be tender and inflamed. Arthritis marks the beginning of late infection. Several months after initial infection, more

than half of those exposed to the Lyme bacteria develop chronic, intermittent arthritis.(1) About 10 percent develop irregular heartbeat, dizziness, and shortness of breath. Other symptoms include mental confusion, conjunctivitis, skin disorders, and poor coordination.

The following list does not insure the presence of this health condition. Please see the text and your healthcare professional for more information.

Early Infection

"Bull's eye" rash at the site of the bite that over a period of days or weeks grows to a round or oval rash, which can vary in diameter the rash may appear in other places as the infection progresses Fever, headache, fatigue, and muscle tenderness may be present for 6 to 8 weeks after initial infection

Early Disseminated Infection

Headache

Sore neck

Back pain

Tingling mainly in arms and legs due to changes in nerve function

Periodic joint inflammation and tenderness

Late Infection

Chronic, yet periodic arthritis

Changes in patterns of heart beats

Dizziness

Shortness of breath

Confusion

Itchy, watery eyes

Skin disorders

Lack of coordination

Footnotes

1 Orloski KA, Hayes EB, Campbell GL, Dennis DT. Surveillance for Lyme disease - United States, 1992-1998. Morbidity and Mortality Weekly Report. Apr2000;49(SS03):1-11. [View Abstract](#)

2 The National Institute of Allergy and Infectious Diseases. Lyme Disease: The Facts, the Challenge. NIH Publication Number 98-3193. Apr1998.

3 Schmidt BL. PCR in laboratory diagnosis of human Borellia burgdorferi infections. Clin Microbiol Rev. Jan1997;10(1): 185-201.

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