Spiky fever...Achy shoulders...Achy left arm...Persistent dry cough......

I had this flu imposter last summer and it took a while to realize it must be Lyme disease. Without the usual telltale bull's eye rash, many who get it Lyme disease don’t know it. The symptoms are individual, that doctors can or is it Lyme? Is it M.S. or Lyme? Fortunately, experienced herbalist, has informative book on how to prevention, the onset, and He details the usefulness of that show them to be 70%-relapse rate. To cope with dose-specific herbs and other supplements to support the immune system both in general and for the particular symptoms that occur over the course of the disease, e.g., repeated flu-like feelings, headaches, stiff neck, fevers, revolving muscle aches, deep fatigue, severe brain-fog, neurological symptoms, as well as arthritis, Bell's palsy and bladder problems.

Buhner’s core protocol includes:

• **Andrographis** (*andrographis paniculata*) for general immune support, a powerful anti-toxin, used for “heat-and-damp clearing,” and has been shown to alleviate pain and swelling.

• **Japanese knotweed** (*polygonum cuspidatum*) for anti-inflammatory effects and protects the body against neurotoxin damage, so that central nervous system
symptoms are reduced, at the same time that it increases blood flow and transport of Lyme treatments to hard-to-reach areas of the body, such as the eye, heart, skin and joints.

- **Cat’s claw** (*uncaria tomentosa*), a powerful anti-inflammatory that also reduced the secondary bacterial toxins.

- **Astragalus** (*astragalus membranaceous*), an herb that is used for immune enhancer, a restorative, a stimulator, and a modulator. It has anti-viral and anti-bacterial properties, adaptogenic-rebalancing properties and is an anti-inflammatory agent.

- **Sarsaparilla** (*smilax glabra*), found useful in the treatment of LD for the infection and resulting inflammation.

Buhner describes half a dozen available tests for Lyme, listing their shortcomings and explaining why no test can yet give a truly definite diagnosis. Without the bull’s eye or an autopsy, you can never be absolutely sure. Why is it so hard to diagnose? That is the truly fascinating part of the book. Positively fascinating to me is the description of the spirochetes themselves. First they infect us thanks to a tick bite, a mosquito bite, or a fleabite. Make no mistake -- these spirochetes are brilliant. Somewhere between bacteria and protozoa in complexity, they have many tricks up their sleeve, so to speak. It has been shown that the spirochetes

- They can alter their DNA to suit the challenge posed by their host’s immune system
- They can exchange information with each other in order to baffle the host
- They have an outer coat which they can shed to further obfuscate the situation
- They can hide inside our cells by constructing what’s called a ‘shielding membrane.’ That last trick is known as ‘intracellular sequestering.’

**The Bull’s Eye Rash**

**So what hope is there for us?** Buhner points the way to symbiosis. If we strengthen our immune systems in ways he recommends, we can probably live happily with a few spirochetes sequestering themselves somewhere inside us.
Where are they likely to be hiding? Apparently, unlike bacteria, they prefer a viscous environment, not a fluid one. They only use the blood as a highway to get to their destination. Some favorite spots are soft tissue in the knee (feels like arthritis), the aqueous humor (eye problems), myelin sheaths (nerve damage, Bell’s palsy), and soft tissue around the heart (carditis).

Assuming you don’t already have active Lyme disease, what should you do to prevent it? That depends where you live. If it’s in a tick-infested area, astragalus all year long is the recommendation and cat’s claw during Homeopathic season. For each what seems a very its properties and its journals and in Apparently, Lyme ancestors of today’s our ancestors. Other of which syphilis is example, have also


Why is Lyme increasing? Probably because we have disturbed the ecology: fewer predators, resulting in more deer; more suburbanites, thus more tick-bites. So look for that bull’s eye rash and, if you get one, find a copy of Healing Lyme by Mr. Buhner.

NB-- To read further about tick behavior, tick-borne diseases, and personal protection you can go to the web for a copy of the Tick Management Handbook, authored by Kirby C. Stafford, PhD, Chief Entomologist, the Connecticut Agricultural Experiment Station: http://www.ct.gov/caes/lib/caes/documents/publications/bulletins/b1010.pdf

Rosalind Michahelles is a Certified Holistic Health Counselor in Cambridge. For questions about this essay or related issues please email rosalind@nutrition-matters.info or call 617-491-3239 or visit www.nutrition-matters.info