

Patient Name: _____

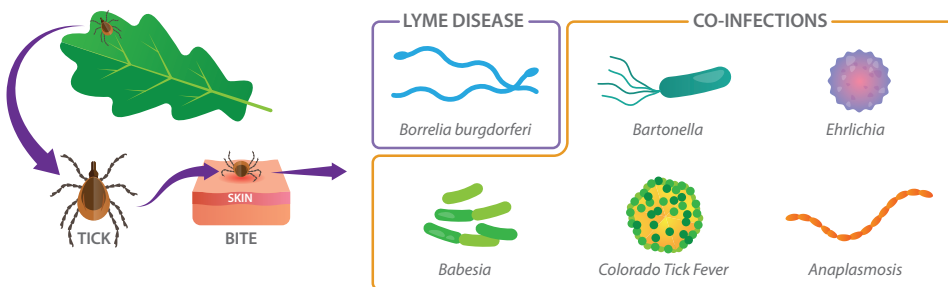
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Lyme Disease

Lyme disease is the fastest-growing insect-borne infection in the United States, and while most people still associate it with a bullseye rash, we now know that there are many ways it can present. As with most infectious diseases, the best intervention is prevention. It is easier to prevent Lyme disease or treat it in early stages than it is to treat a chronic case. Since testing is notoriously inaccurate and Lyme disease is known as "the great imitator," it often goes misdiagnosed as fibromyalgia or chronic fatigue syndrome before it is accurately diagnosed, sometimes years post-infection. It is also worth mentioning that while Lyme disease is a common focus, most patients will also suffer from a common co-infection such as bartonellosis or babesiosis. Because Lyme is a subset of biotoxin illness, it often overlaps with other chronic inflammatory conditions, such as those from mold exposure.

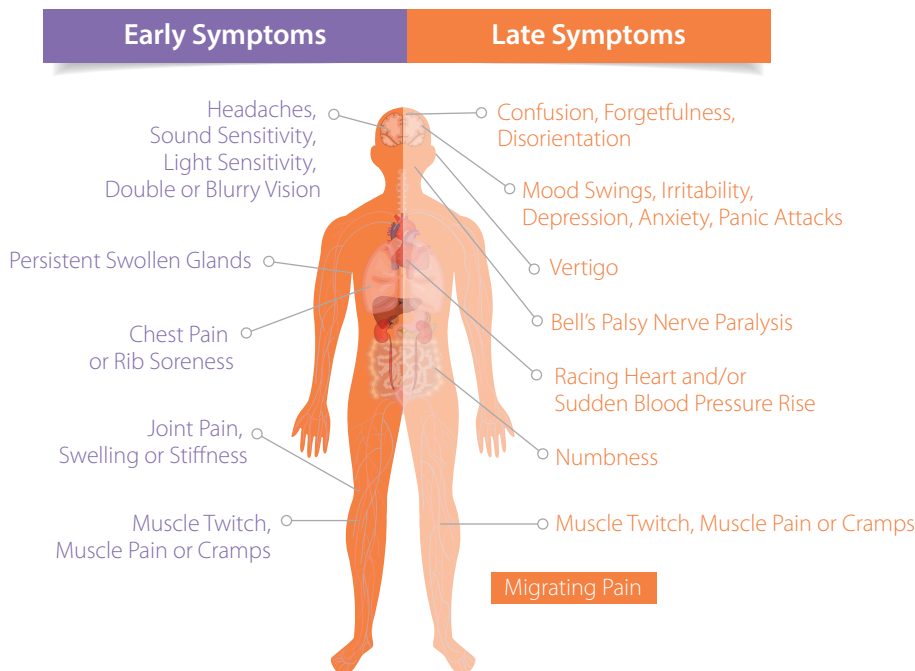
While antibiotics can be an effective intervention in the acute stages of Lyme disease, they become significantly less beneficial and can negatively impact the gut and immune system if used in chronic cases or over long periods of time. For chronic Lyme disease, plant compounds show promising data, in addition to a functional medicine approach that supports other body systems and functions, such as mitochondria, immune cells, and even cell membrane signaling.

Lyme Disease Transmission



Lyme Disease Symptoms

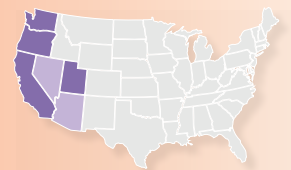
Common symptoms of chronic Lyme disease are often mistaken for other conditions. However, migrating pain that frequently changes location is a symptom that is typically unique to Lyme disease.



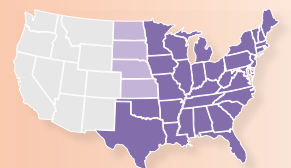
Know Your Ticks



Western Blacklegged Tick
(*Ixodes pacificus*)



Eastern Blacklegged Tick
(*Ixodes scapularis*)



Lifestyle Recommendations

Avoiding Lyme Disease



Clothing

Wear light-colored, long-sleeved shirts and pants tucked into socks or boots.



High Heat

As soon as possible after returning indoors, remove your clothing and dry clothes on high for an hour to kill ticks.



Shower

Shower after returning from outdoor activity. Showering will prevent attachment of ticks.



Pets

Check your pets for ticks, especially if they have been in tall grasses. Ticks can latch to their underbellies and be tracked inside.



Nutrition

Maintain a healthy diet to help your body fight infection. Consume plenty of protein and colorful fruits and vegetables.

Nutrient Recommendations

Antimicrobials	Serum-Derived Bovine Immunoglobulins	Complete Turmeric Matrix	Phosphatidylcholine	Mitochondrial Support
Cat's claw, artemisia, Japanese knotweed, cryptolepis, and andrographis	Support barrier function Broad-spectrum binding capacity to toxins help protect the gut lining Reset immune tolerance	Maintains inflammatory balance	Phospholipids aid in cell signaling and the resolution of the inflammatory cycle	N-acetyl cysteine, acetyl-L-carnitine, alpha lipoic acid and glutathione support the mitochondria and cellular detoxification
As recommended	5-20 g/day	1 g/day	10 g/day	NAC: 600 mg ALC: 500 mg ALA: 200 mg GSH: 500 mg Baseline doses can be increased as needed

Recommendations:
