

Nutrition for Lyme

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Lyme disease starts as a disease of the digestive tract. However, it gets into the brain, nervous system and joints so quickly that its effects here seem more important and more serious. But a key part of this disease is in the digestive tract. Despite this, it seems to cause less deficiencies in vitamins and minerals than one would expect from the severity of the disease. However, it does cause some deficiencies, and these may be worse in those who have had it for a long time. Anti-parasitic herbs are also important against lyme.

Vitamins

B-12 Deficiency of B12 can weaken the white blood cells and cause nerve damage symptoms similar to neuropathy produced by Lyme. Lyme causes a deficiency of B12 and so this increases the damage to your nerves. It is therefore important to take a vitamin B12 supplement. There are two problems with vitamin B12:

1. You may have problems absorbing it, so that you may need it in a special form so that you do absorb it, or you may even need injections. Consult a nutritionist.
2. You may need folic acid. There is a complicated relationship between B12 and folic acid and you need to get it right. Consult a nutritionist.

B vitamins You need to make sure you keep a balance between B12 and the other B vitamins. If necessary take a vitamin B complex supplement.

C Vitamin is important for the immune system and the connective tissues, which lyme damages. So you will probably need to take some vitamin C.

Other Vitamins work as a team and so it is important to take the others including Vitamin A, D and E. For example, you may take a multi-vitamin supplement to make sure you have overall enough vitamins. If necessary consult a nutritionist.

Trace Minerals

Trace minerals are very important not only because they are nutrients, but because they activate the enzymes. Enzymes are like “catalysts” or more strictly, like biochemical robots which make specific reactions occur in your body. The so-called “biochemical reactions” in your body are not chemistry at all, because there are no by-products - they are not random. Instead what happens in the body is digital. The reactions proceed specifically to produce each substance required without clogging up the cells with waste products! And it is the enzymes which make this happen. They are truly the intelligent robots of this digital chemistry. There is one problem. Many enzymes are activated by a trace mineral. *If you do not have the required trace mineral, then an enzyme will not work*, and it will not produce its end product. As a result you may be deficient in substances and even whole biochemical pathways.

There are two solutions to this problem. I believe that everybody with lyme and possibly other infections such as EBV, should consider taking Liquid Ionic Trace Minerals. Some people may be so deficient in trace minerals that they need the standard chelated trace minerals as well.

1. Liquid Ionic Trace Minerals

Liquid Ionic Trace Minerals come from Utah and contain about 50 different elements and trace minerals. They are produced by evaporating the water from the Great Salt Lake, Utah, USA, and removing the sodium, so that they do not create a sodium imbalance. (You can purchase them from Marine Minerals in Utah (www.marineminerals.com). If you live outside the USA, I can supply you with 30 ml.) I first encountered Liquid Ionic Trace Minerals in Santa Fe, when I was working as a physicist in New Mexico. They are so powerful. I could feel them rebuilding my vertebrae for days afterwards, even though I was not nearly so sensitive then as now. Liquid Ionic Trace Minerals boost the bones, the blood, the immune system, and probably most systems in the body. In this age when most people are deficient in trace minerals (because the soil and hence foods are deficient in minerals, and also because coffee is a diuretic which causes the body to excrete valuable trace minerals), this product will help most people. A homeopathic medical doctor once pointed out to me

that some of the substances in it are poisonous and so one should not have excessive amounts of it. However, they are in small quantities, and it is classed in the US as “generally recognised as safe”. After a course of treatment of it many years ago, I have taken it occasionally for thirty years without obvious ill effects. But I test myself and only take a small dose (eg 1/4 teaspoonful) when I find I am deficient in it. **WARNING:** If you have a sensitive pallet, then to avoid burning, put the trace minerals into water before you take them.

Lyme made me deficient in these trace minerals, so that I had to take it fairly regularly during the treatment. It helps boost the immune system against lyme.

2. Standard Trace Minerals

Health food shops sell standard trace minerals: calcium, magnesium, iron, etc. If you are very deficient in minerals, you may need one of these standard supplements as well. The best contain about 12 trace minerals which have been chelated, which means they have been connected to proteins so that it is easier for the body to absorb them. However by themselves, they will almost certainly not be enough for the body. Science has a problem identifying the rare trace minerals, because there is so little of them in the body, that they cannot be detected by chemists. So science does not know which of the rare trace minerals are essential. There is separate evidence that gold, silver, copper, and even arsenic may be needed in minute quantities by the body.

Sulphur

Sulphur is the forgotten trace mineral. In the old days, our ancestors used to give themselves and their children a teaspoonful of “brimstone and treacle”: flours of sulphur stirred into treacle, maybe once a year as a “cleanser”. Now-a-days, both doctors and nutritionists think nobody is deficient in sulphur, because we get so much in eggs and so on, that we all should have enough. The problem is that the sulphur in our food is “bound sulphur” connected to proteins. It is still possible to be deficient in elemental sulphur, and in fact when I had lyme I needed one or two teaspoonfuls. Whether this was due to lyme or just a general deficiency state, I do not know. Flours of sulphur are produced by grinding sulphur up into a fine yellow powder. It is so unfashionable, you may have to search for it. I just don't know if they are important for the fight against lyme or not.

Colloidal Metals

This section on colloidal gold, is a bit out of date, but rather than change it, I will add a bit at the end, for the second generation treatment.

1. First Treatment: The trace metals **gold** and **platinum** seem to be important in fighting lyme and rebuilding the nerves. Gold is a key trace metal for the heart, nervous system and immune system - it really is important. Deficiency of gold may cause multiple sclerosis. Lyme seems to steal your gold, which causes your heart, nerves and immune system to weaken. However, there are two types of “colloidal gold” and one is poisonous. The harmful type of gold supplement is actually made by dissolving gold chloride in water. This is often called “ionic gold” and is toxic, but it may be labelled “colloidal gold” - so be careful. The correct form of colloidal gold is tiny nano particles of pure gold suspended in water. (Alternatively, you can eat 24 carat gold leaf - it is an official food item in the US and Europe for food decoration. If you put gold leaf on your tongue, it just dissolves into your body - this is not normal chemistry!)

To get round these problems, I supply good quality colloidal gold and platinum in one of the later boxes of the treatment. If you want an additional supplement of gold, make sure you get the real colloidal type.

2. Second Treatment: Colloidal gold is now taken every day with the new second generation lyme treatment. As I have explained elsewhere, when Lyme first enters you, it steals your gold and causes your immune system to collapse. So the new treatment uses triune energy remedies and others to help you absorb the gold and rebuild your immune system. I have not included platinum specifically in the second treatment yet. If you get one of the brain and nervous system boxes, it is included there. It helps regenerate the nerves and endocrine system, so some people may need it.

Colloidal Silver

It seems all the rage to take colloidal silver. The problem is that people use it like a drug. Historically, it was used by orthodox medicine, before antibiotics, to stop infections in wounds. And it may do this outside the body, but it does not seem to strengthen the immune system inside the body, despite so many people thinking it does. (There is an article on Wikipedia confirming that it does not boost the immune system.) People think that colloidal silver is also anti-lyme. During more than a year treating myself for lyme I only needed colloidal silver once or twice, as a trace mineral. As a trace mineral, it is soothing to the nerves and helps to rebuild them, and also helps the right side of the brain. Since Lyme attacks the right side of the brain and damages the nerves, small doses (ie a teaspoonful at most) from time to time of c-silver, may help some people with lyme. In my case, I noticed that a dose or two may help recovery from the etheric problems caused by drug-resistant Lyme. But the effects of lyme varies so much that some people may benefit from more doses, as a trace mineral.

Colloidal Copper

Copper is an important trace mineral. However, it is used in copper pipes in houses and so there are traces of it in our tap water. Some people may have too much copper as a result (which may be toxic). So don't take colloidal copper if you already have too much. However, a few doses may be important for lyme for some people, it is not clear. Copper helps to rebuild the joints and may help against arthritis. It may possibly boost the immune system. And it may help the DNA. During the course of treating myself against lyme, I needed colloidal copper a few times.

Other Substances

Some Lyme nutritionist recommend **NAC** (N-acetyl cysteine). I think I needed only two doses of it during the whole year. But it did feel soothing, like it was doing something. **Sharks fin** helps against arthritis and rebuilds joints and connective tissues.

Herbs and Spices

Garlic is anti lyme. **Take garlic regularly.** I think a raw clove of garlic is better than cooked garlic or garlic pearls, but all help. Raw garlic is a bit hard on the taste buds and you may smell a bit like the French! But what the heck if it helps to get rid of the lyme.

Antiparasitic Herbs

Lyme is a parasite and it can cause you to have parasites in the digestive tract. One solution to this is to go to your health food shop and get a treatment to detox parasites. An alternative approach is to take spices which are readily available and which are anti-lyme and/or anti-parasites to varying degrees:

Ginger is good for you. I needed a lot of stem ginger in syrup.

Chilli Both mild chill pepper and hot chilli (cayenne) seem to be anti-lyme and anti-parasites. You might think the hottest is best, but I am not sure. My impression was that mild chilli and sweat chilli can be as powerful and it was easier for me to eat larger quantities of them, and hence attack the parasites and lyme more effectively. You must make your own choice.

Horse radish has some anti-parasitic properties. I enjoyed eating a jar of it by the teaspoonful.

Dijon mustard may also have anti-parasitic properties. Again I ate a jar by the teaspoonful.

Nutmeg has anti-parasitic properties. This spice also affects the brain. I only needed one dose of it.

Marmite is a peculiar British condiment made from yeast which has B-vitamins in it. I only need a few teaspoons of it. If it is not readily available, I would not worry about it.

It is important to include some of these spices in your diet whilst you are treating the lyme. It will boost the treatment and help you get better more quickly.

Herbs

Neem Oil Neem comes from a tree which grows in India. It is so important that it grows in practically every village and is referred to as the "village pharmacy". Scientific tests show

that it has adverse effects against about 100 or more infections and insects. (I have it to kill grain weevil in the Mill.) It has been used in Scotland to protect from midges. It boosts the immune system and is truly powerful against many infections. There are two forms of Neem, a weaker form such as the leaves which are often eaten in as food in certain parts of the world, and the oil, which is a more powerful herbal medicine. In addition to being used against infections, Neem oil is used for birth control in certain parts of the world. (So don't take Neem oil if you want to get pregnant.)

Neem oil appears to be anti-lyme. I needed six doses of it (I dipped the handle of a teaspoon into it 1/4 to 1/2 inch and took what stuck to the handle). My impression was that it helps against lyme, not just because it is anti-lyme, but also because it supplied substances which my immune system needed. Maybe it restarted part of my metabolism so that I started to make those substances and did not need it again. I think a few doses are important against lyme, especially the parasites in the intestines. As far as I know there is not much of a risk, but Neem oil is a herb and you do so at your own risk.

Other Herbs: Comfrey (knit-bone) may help bone, joint and teeth problems of Lyme.

Probiotics

Once you get rid of the parasites and start to weaken the lyme, you can eat yoghurt (probiotic varieties) to rebuild the flora in your gut. Kefir is a bit like yoghurt but has different bacteria. You can get it as a liquid to drink (or the starter to make it yourself), and it helps rebuild you as the Lyme goes. It is worth taking some kefir if you can obtain it.

Conclusions Colloidal gold, vitamins B12, C, Liquid Ionic Trace Minerals, garlic, ginger and chilli are most important. Also probiotics and Neem.