Lyme Disease

Lyme disease is a bacterial infection caused by the spirochete Borrelia burgdorferi. Lyme attacks the Nervous system, Joints and Muscles, and Circulatory system.

How Transmitted

- Tick bites
- Inhalation for Tularemia
- Bodily fluids (studies still inconclusive)

Prevention

- Wear light colored clothing, tucking your pants in your socks and your shirt in your pants
- Wear organic, essential oil spray, such as LymeGuard™, or make your own
- Thorough body search after outdoor activity

Recommendations if Bitten by a Tick

- Remove properly with tick removal tool
- Clean bite with hydrogen peroxide or Oregano essential oil (will burn; not recommend for children)
- Use the herb Sarsparilla (Smilax SPP)
- Make an appointment immediately with a Lyme Literate professional for a customized Lyme Disease treatment plan.
- Save tick & send to UMASS Tick Testing Lab (Register Online)

Geography

Cases of Lyme disease have been reported in every state, Canada, Europe, Africa, Middle East, and Asia. In North America Lyme Disease is most Prevalent (2012) in the Upper Midwestern and Northeastern US. 94% of the cases were reported in the following states:
- Connecticut
- Delaware
- Maine
- Maryland
- Massachusetts
- Minnesota
- New Hampshire
- New Jersey
- New York
- Pennsylvania
- Vermont
- Virginia
- Wisconsin

Diagnosis

- EAV Testing
- Whole-Body Health History & Exam
- iGeniX Laboratory Tests

Integrative Treatment

- Antibiotics
- Herbal Protocols
- Acupuncture
- Movement
- Stress-Relief
- IV Therapy
- Homeopathy

- Flower Essences
- Supplements
- Far Infrared Sauna/Sweating
- Anti-Inflammatory Diet
- Clay & Epsom Salt Baths
- Psychotherapy

Lyme thrives in an internal environment where there is:
- Weak Immune System
- Inactivity
- Sluggish Metabolism
- Hypo-Thyroid
- Poor Circulation of Blood and Qi
- Stagnation

Lyme educational events and support groups:
Visit GrotonWellness.com (Click “Event” Tab)

Contact Groton Wellness (Lyme Destination Center):
We offer a complimentary 15-minute phone consult with a Groton Wellness Practitioner Specializing in Lyme Disease.

978.449.9919
GrotonWellness.com
Mill Run Plaza
493 Main Street
Groton MA 01450

Lyme Symptoms

Symptoms commonly appear 2 to 30 days after the initial bite from an infected tick.

Early Lyme Disease:
- Expanding “bulls-eye” rash (only 30–50% of those infected have such a rash)
- Flu like symptoms
- Fever
- Malaise
- Fatigue
- Headache
- Muscle aches
- Joint pain

Late Lyme Disease:
- Nerve damage
- Bell’s Palsy
- Severe joint pain and/or swelling
- Heart abnormalities
- Depression
- Memory loss
- Insomnia
- Seizures

Lyme disease has been misdiagnosed as Parkinson’s, MS, ALS, CFS and Fibromyalgia.

Co-Infections (frequently found in New England):
- Anaplasmosis (Ehrlichiosis)
  - Profound fatigue
  - Headache (sharp)
  - Severe muscle soreness
  - Low white blood cell count
  - Confusion
  - Conjunctival injection (red eyes)
- Babesiosis
  - Headaches (global)
  - Chills/ Night sweats
- Bartonella
  - Tender skin nodules
  - Cognitive difficulties

Resources

- GrotonWellness.com
- ILADS
- Lyme Action Network
- Lymedisease.org
- Lyme disease association.org (insurance issues)
- Lymediseaseassociation.org (insurance issues)
- Lymetap.com (testing assistance, financial)
- Clinicofangels.org (financial assistance)