



In the LymeLight: My Healing Journey

Erin Elizabeth

I would love to dedicate this little ebook to my my mom and dad who raised me, my sweet birth mother who inspires me, my brother Patrick, my birth brother Gabriel, and Dr. Sam and Suzy Cohen -- without them, this book would not be possible. Last but not least, to my editor Steve, and to my recently departed 19 year old Ms. Pye, the infamous internet cat, and to all the people of the world battling health challenges; know that it will get better.

I'm glad you've chosen to share this journey with me on how I changed my diet and therapies -- lifestyle changes I did for weight gain, adrenal fatigue, sluggish thyroid, diagnosed sleep apnea, mold toxicity, 6 hour surgery to remove breast implants and so much more.

This is just a short eBook so it's not going to be an autobiography. But you can check in on my [YouTube channel](#) anytime to subscribe and keep up with me along the way. Also, even better, be sure to subscribe at [HealthNut News](#), so you know what's going on in my world and can get regular updates with new information I would love to share with you.

I think the best thing is to start at the beginning -- a very good place to start.

I want to link my [video](#), the 22 minute documentary about what I survived from in utero up to this week :) So give it a click and watch that. Then you'll want to keep reading after that to know what I did to help get my health back.

You've got to realize the below is pretty much a direct transcript of what I said in the video that I had to write out, so there might be mistakes but I want it to be exact.

Hey health nuts. It's Erin Elizabeth, here from Health Nut News.

Some of you might know me through the Raw Foods Retreat name after the retreats I've done here on the east coast in Florida with various experts like the grandfather

of raw foods, Viktoras Kulvinskas.

I'm here to share something very personal. It's not easy but I realize that I've never really given the backstory on how I survived Lyme disease, being aborted, a significant weight gain, a tornado that took our pets and neighbor, 22 named storms here in Florida, a six hour surgery, hospitalization, and really got my health back to where I felt like I was going to live again. Because there were some times there I wasn't sure if I would. I think the best thing to do is start at the very beginning but still keep it short and interesting for you.

I was born in Chicago, to parents who had both just finished graduate school and were not married. My birth father admitted to me when I first met him that he wasn't prepared to be a father. He flew my birth mother out of the country to a large metropolitan city for a legal abortion which was done under general anesthesia.

Once she got back to Chicago she realized rather quickly that she was still pregnant, doctors confirmed this, and somehow I had survived the abortion done at reputable medical clinic.

She knew she could have another procedure easily to terminate the pregnancy but she decided this must be meant to be. A miracle, some might say.

I was conceived over the holidays around New Years, and born nine months later at the end of September. My birth mother named me Virginia, but never got to hold me. I eventually found her by discovering a book she'd authored and dedicated to her firstborn and only child. Which was me. It was a book of poetry about placing me

for adoption. It was the first thing I ever saw with her picture at about my age I was then. One of first poems I read was called Virginia's Lament (that's me). It read (in part) "I never sang for my father, though my mother sang to me, until the day she first heard my last voice.

I was born with severe thrush and was kept in the hospital ward of the Cradle in Evanston Illinois for two months, where they named me Katina. I was on antibiotics amongst other drugs, and fed formula while I got better. Finally, the day after Thanksgiving they decided I was well enough for my new parents to come pick me up. It's a special story of how they saw me for the first time, and then my name was changed for the second time in two months to my final name, Erin.

My new father's job had moved them to Indiana so we went home there where I'd live as their first child. At three months old it was time for vaccinations and I got the DPT shot in the winter, in January, with a cold.

Immediately after that, I got sick with a fever of almost 104. It wouldn't go down no matter what they did and I started to go into small series of seizures. I was taken to the hospital, put in a straight jacket, and underwent a spinal tap. They ran a battery of tests thinking possibly spinal meningitis, but never did get a diagnosis. My fever mysteriously dropped, and at less than four months old I got my second break in life. I guess I was meant to stick around. My parents are still married, they're awesome...and glad I made it.

At 20 years old in college, I found my birth mother through that book I told you about, and learned she was a renowned author and film maker living in Switzerland. I tracked down my birth father in Washington DC (he's in

politics), and met him as well. Both are accomplished PhD's and I have no anger or resentment toward them. I am still close with my birth mother and am her only child.

Just a few months after meeting both my birth parents and most of their relatives for the first time I went home from college to see my mom, dad, and brother (also adopted), for Thanksgiving break. We had a great holiday, but the next day while my parents were at the store, our two-story one year old house was hit by an F4 tornado. I got out of the house five minutes before it happened, and sadly it took our dog, cat, our neighbor, but our family all survived. Nothing was left of this 3000 square foot home but the foundation. My mother who raised me said something profound -- after we had a tearful, joyful reunion where her priest was there (I'd not met him yet in this new town, and wondered who this strange man in black was, hugging all of us late at night), after seeing my picture all over the TV, presumed as dead or at least missing -- that they adopted me the day after Thanksgiving 21 years ago and 21 years to the day they got me back again alive, with one hell of a beautiful reunion.

I had to return to college in the following days, and get through all my tests before Christmas break. I also worked for a non-profit green citizens action group where I was for four years during college, and modeled part-time doing runway, commercials, magazine covers, and even fifty bigger than life billboards around the cities, which was strange to see and a little surreal and embarrassing for the tall gawky geeky girl.

I modeled in the Midwest (as I'm from Chicago), New York city, Los Angeles, and here in Florida in Miami, and on the east coast. After the tornado I developed

trichotillomania, which is a disorder where one usually pulls out the hair on their head, but for some reason I only pulled my eyelashes. Around the time of meeting my birth parents and the tornado, I went to a doctor and author the adoption agency recommended, who specialized in this condition. The doctor insisted that I get on Prozac, which would help the eyelash pulling. It didn't help at all actually, but I stayed on it for several years. When I moved to Los Angeles I went to a hypnotherapist, and one appointment later I was cured.

After college I moved to Los Angeles where I did national commercials and print work as well. I left Los Angeles not too many months after 9/11, as I felt I didn't really have family out there, and wanted to be closer to my family who were all back East or in Midwest.

The cold weather was hard for me tolerate while living in Chicago again, so I moved to Florida in late 2004. Not long after I got there, the hurricanes of 2004 began. Many said they were the worst they ever saw in their lifetime and would never happen again. Sadly the next year 2005 was worse, and while going through many named storms and hurricanes (I lost count!), it was Wilma that was the nail in the coffin.

A 100-year-old tree came through the roof of the historic house I was living in, and smashed through the ceiling onto the bed. Thankfully, it stopped about a foot from my head. I was injured from the heavy barrel-tile roof collapsing on me and my 2 old cats on the bed, but we lived. I had to move twice because of that storm, and around that time noticed some strange symptoms coming on like joint pain, fatigue, pins and needles etc. Doctors couldn't find anything wrong and ran a battery of tests including a cheap Lyme test that came up

negative, but most Lyme experts tend to say that test is useless, especially if it's late stage Lyme.

I finally bought a house on the east coast, and had yet another storm drop another tree on my house (second time now), and this one smashed my car too. My symptoms continued to get worse.

I knew the stress wasn't helping, plus trying to run full-time retreats, but it's hard to look at the big picture when you're in the center of it. I tried to think of other factors that might be causing the symptoms, and realized that it could be my saline implants, which was the one and only time I'd ever gone under the knife (unless you count dental work -- some of those procedures weren't helping either including the root canal I'd had done).

When I was modeling full time my agency always encouraged me to be very thin, but I got too skinny up top, so I let myself get talked into saline implants. I could have gotten the silicone, but figured they were less "safe". I didn't get big implants, but when one is leaking (or has a leaky valve as I was told I had in the Mentor manufactured saline smooth), it can happen that instead of living inside mold, the mold is living inside you. My partner and I were in Chicago much of the time then, and found we had an actual mold issue in the house, so that didn't help either. I had mold living in me and I was living inside mold.

Aside from the auto-immune issues I had no problems, and I'd had mono and some symptoms I'd ignored in the past before the implants, so I wasn't sure it was them, but finally in the Spring of 2012 I was getting worse and had to rule them out, so I went to Atlanta to one of the most renowned plastic surgeons, who sees patients from

around the world who have issues with their implants. Her name is Dr. Susan Kolb. She's written a number of books on the subject and helps women in situations like mine. She suggested with being as sensitive as I was that we didn't replace the implants, but just take them out and I'd be 100% natural again. My fear was of being botched or how it would look, instead of focusing on getting better. It was nearly a six-hour surgery under general anesthesia, as she took out the old implants and then got out the capsules. Some doctors leave in the capsules but with mold she feels you need to remove them. I was so afraid with all of that I'd have little breast tissue left or be scarred for life.

I was fortunate and woke up from surgery with a full natural C-cup that looked better than before. I only tell you that because I mentor women for a few doctors, who are so afraid of going through the procedure and never looking pretty again. When I go in for my annual women's exam, the doctors are amazed when I explain what was done, and tell me my surgeon is artist. I'm lucky and I want women to know they can look beautiful, with tiny scars that can heal if they choose this option. I'll go into more on other videos on my channel, so suggest you hit the red button below if you want to see those or share with a friend. The good news is everything looked great, but then I started having hypnic jerks the night after surgery. I didn't know if it was the 2 antibiotics I was put on (major surgery and wanted to avoid infection), or just the nearly 6 hours of being on Propofol -- the same drug that killed Michael Jackson, or the grueling surgery itself. After my partner helped me fly home the day after surgery I ended up in the ER, as the hypnic jerks got worse and I felt worse. They admitted me, thinking I might have had a heart attack, so I was on the cardiac floor, which was scary. Honestly that was

when I really hit rock bottom. I had sleepless nights, even in the hospital, because every time I'd drift off I'd wake with a start. I'd never had these before in my life but sometime after that surgery I really thought I'd die. Little did I know I had full blown Lyme disease undiagnosed, untreated, for years -- probably since I was 13 and had a tick bite on a camping trip before 8th grade graduation (and didn't know, as it was on the back of my leg for probably close to 2 days). There are Lyme cases documented in that area of the country at that time, and I had symptoms ever since then, that I just thought everyone dealt with.

I was hoping after the implants came out that my 30 pounds I'd gained would also come off, but no such luck. It was a full year after they'd come out, and I was still 5'9 ½" tall, weighing high 150's. I had a DEXA scan done that said I was 50% body fat. For the next year I was in physical therapy, because after the surgery I developed posterior tibial tendonitis in my feet, and had to wear a boot for several months while trying to travel back and forth between Chicago and Florida.

My partner had a well-known colleague in LA who convinced us that my problem was a tied tongue, so I had a lingual frenectomy (where they cut under the tongue). However, the colleague failed to mention the referral was to someone local we'd warned her of that already had bad referrals on other dental work. The dentist said he did this procedure all the time, but it turns out he'd done only 4 or so in his entire career. He also failed to tell me he was jetting off to Paris for 3 weeks, with no forwarding number -- and I got thrush so bad I almost ended up in the hospital again. Eventually it healed but that was another setback, which I'll have to get laser work to try and correct the butcher job he did. I didn't sue and

wasn't interested in dealing with courts or state boards -- just let it go and moved on. That was about the time I got visual snow, so badly it did really affect my vision.

It was almost a full year later, now spring of 2013, that some friends of mine, Dr. Sam and Suzy Cohen, wrote me on Facebook, as they'd seen me finally open up about a few symptoms i had like visual snow. I rarely posted about any of this, but it was affecting my eyesight. They suggested I get proper testing for Lyme with a Western Blot test through IgeneX labs in Colorado.

I did the test, and lo and behold the result was positive. It took several doctors looking at the test to convince me, as I was in denial at first, not expecting it to be positive after that negative test years ago. I want to thank those doctors who helped to convince me otherwise, and they are as follows: Dr. Dietrich Klinghardt (another world famous doctor who stars in the documentary Under Our Skin), Dr. Lee Cowden, developer of the Cowden Formulas for Lyme, and Dr. Marty Ross in Seattle.

Initially I was going to do a video on my treatment for Lyme but realized you'd be constantly pausing this video trying to write it all down. So as I said in the beginning, you just need to click on the link below and sign up, and you'll get my book, which I was crazy enough to offer for free. It's not long, but it lists everything in my protocol. Within 3 months of getting on the protocol, and realizing all the underlying issues -- sluggish thyroid, adrenal fatigue, MTHF gene mutation (which came up in blood and DNA testing), CBS mutation (has nothing to do with the CBS network), and high cortisol levels causing weight around the middle -- once I got onto the protocol, the first thing that happened is that I lost 30 pounds in less

than 3 months, and have kept it off now well over a year. I also made diet changes when I did that, and knock wood, that weight hasn't come back on.

I'll explain in the book what I did, but always recommend you consult with a doctor before starting your own program, even though the supplements I used are all non-prescription which you can buy online. I don't sell them but I have links to Amazon, and you can see all the herbs and supplements listed in the eBook.

I think that a core of good quality pharmaceutical supplements is important, at least for me, but other diet changes and simple lifestyle changes really made the difference. It's now well over a year since the implants have been removed, and I'm done with physical therapy, and slowly healing from the botched tongue surgery. Finally, with the help of supplements and diet changes which i describe in the eBook, my body healed. I healed my leaky gut, or at least drastically improved its condition, the bloating went away, and I got a six pack I still have over a year later. I healed my adrenals and thyroid without the use of thyroid medication (even the natural prescriptions, but I did use some herbal remedies also in the book).

My point is despite all that I'd been through, there was a silver lining, a light at the end of the tunnel. Despite an attempted legal abortion by my birth mother, born sick with no mother for 2 months in a nursery with (many tell me now) minimal care, and nurses with too many sick babies, and no mother to hold or breast feed me, despite after the adoption almost dying from my vaccine combos with a fever of 104, and a spinal tap in a straightjacket and that hell at not even 4 months, the Lyme, the weight gain, the implants, 6 hours getting them

out, hurricanes and tornadoes that almost took my life -- I was a survivor and knew I could make it.

I still continue my journey, as after my 19 year old cat died a few months ago after constant round the clock care, the last 6 months I gained 7 lbs. back, but I knew what to do this time and had it gone within a month. I'm so in tune with my body now (since I can't build the muscle like I'd like) that I can keep the body fat low, therefore (in Lyme's) keeping the toxins low. I'll go more in depth in my book with that, but seeing as it's a free eBook, I cannot write a long autobiography. I'd love you to continue on the journey with me, as now I'm doing exciting new videos several times a week. Just hit the red subscribe button below, and if you want the eBook, sign up for my newsletter with the click of a button in the link below. I sell nothing and only make recommendations for the herbs and supplements I took to get better. I was so skeptical at first, but realized these really do work and if I stop, my progress comes to a halt, so I think I better take them and listen to what the LLMDs (Lyme literate medical doctors) are telling me.

But it's not just Lyme, I've overcome so much more through my journey, so feel free to stick along for the ride. I wear my heart on my sleeve, and if you want arrogant perfection you won't find it here. If you want superficial know it all attitude look elsewhere, but if you want to be on the journey with someone (me) who is fortunate enough to know some of the best doctors who work with me (I'm always learning and never stop), and I share this priceless info with you and bare my soul to you too, then I hope you'll join me... Believe me, if I can do it, you can too, whether it be weight loss, Lyme, or a myriad of other health challenges. Thanks for those who listened this long. You guys are awesome and I love you all. I made

this video for you and a few people who have written me desperately in need stood out while writing and putting this together. I'll see you next time. I won't inundate you with newsletters -- it'll be quality not quantity -- that's just how I operate. I am also busy doing animal rescues and other things I'm passionate about but want to help you too. I want to see your progress and know you can do it. We're all in this journey together, and I'll hold your hand through it, and sometimes I might need you to hold mine. Lyme patients can recover 90% but then have a setback, but we get back on our feet and do the best we can. That's all I wish you for you with your challenges, whatever they may be.

Love to you all. Erin

(End of 22 minute video transcript)

Once I got diagnosed with Lyme I knew I had to make some lifestyle and diet changes to begin to heal my gut, body, and lose weight. I recommend whether you are diagnosed with an autoimmune issue like Lyme, or have adrenal or thyroid issues or just want to lose weight, feel better, or just get in optimal health, that you find a reputable health practitioner first. I prefer one who believes in functional/natural medicine. There are more medical doctors and osteopaths going this direction as well as naturopaths.

I will list all the supplements that I take which were recommended by my MD. I don't make claims they cure anything but I wouldn't stop taking them for the world. Also I don't sell anything on my site. I do have links to Amazon but those are not my products, I don't sell them from Amazon but do get a tiny fraction of each order which might help me start to make the

money back I've spent on my site, video, and team to bring this to you all for free. So I do appreciate it if you decide to buy anything on my Amazon shop (from supplements to saunas) that you go through my [link](#), as I'm an affiliate.

I'll start off with a typical day for you. My ideal day is to wake up and stretch and drink a good amount of filtered water. I've listed my favorite systems on my Amazon [shop](#). The most affordable is the gravity-powered Big Berkey, which is mighty popular right now. I also list a few others I use that are ionizing filtration systems. I loved when I got rid of bottled water years ago, because then I wasn't using dangerous plastic that can leech into your beverage, and take its toll on our planet.

Then I'll take my morning supplements (you can find them all on my [shop](#)) which are Alpha Lipoic Acid, Ashwagandha, (some may like an additional adrenal support, which I put in the store, but I don't take one), banderol (Cowden formula), B12 (my doctor only recommends I do hydroxocobalamin b12 instead of the methyl, and I wouldn't ever personally do the cyan b12!), biotin, vitamin C, curcumin, and vitamin D3 if you live in a cold climate where you cannot get sun exposure (please ask your practitioner about the dosage correct for you if you are going to take these), digestive enzymes (I only take these with meals, not with my supplements), vitamin E, and my personal favorite out of everything I take: hemp extract CBD oil (CBD stands for cannabidiol, a non-psychoactive natural cannabinoid component found in cannabis), lithium orotate (I personally take a very small dosage of this over the counter mineral, which my Lyme doc mentioned), MSM, NAC (all this described in the [shop](#))

Samento, and a good thyroid support. (Here's a [link](#) to all of these on my Amazon shop.) Can you believe I just wrote that all alphabetically?

At night, I do a few of the same supplements -- just more biotin, banderol, Samento, curcumin, and two I love to take at night -- magnesium and ubiquinol. It's amazing how many articles I read on how many people are now deficient in magnesium. Let me note that I do cycle on and off some of these. There is literature out there that says one should cycle off Ashwagandha, for instance, to maintain its effectiveness but I personally haven't in over a year.

I then love to use my dry brush, starting at my hands and feet, then brush toward the heart as many believe that gets the lymph system moving. Then I like to do 5 to 10 minutes on the chi machine (called the Healthy Swinger lol). I adore mine, and don't leave home (at least on vacation) without it. Ever! Then I use a rebounder (mini trampoline), which is another must for me. Near the top of my list! Sometimes I just jump up and down in soft grass if that's all I have. Then I absolutely love to use my sauna. I don't think I could live without owning one. I know some people swear by their saunas, and I give a link to a nice light portable one, which says in the description on Amazon that it's EMF free (you could contact them to ask about that), and has great reviews! That might be my single most important thing I would invest in personally. EMF stands for electro magnetic frequencies. My old sauna had very high EMF's when I measured it, but now I have one that measures lower -- though it's not the one I like on Amazon, as it's huge and cumbersome (and expensive to ship).

I think the light portable one that can fit in a closet would be more realistic for most folks. Actually I need to go buy one!

I'll then take a brisk walk, and do my best not to get right on the computer (though some days I'm better at this than others!). Even if I'm in a cold climate or traveling or it's rainy out, I can still do some exercises with a simple mat in a small space (a few yoga poses with approval from your practitioner), or I love doing my Pilates poses.

Now if that doesn't get things moving for me, I've admitted in my own videos that I will do an enema, as recommended by my doctor (heck, if I can talk about taking breast implants out -- certainly we can talk about enemas). There are plenty of YouTube videos to watch (if you dare!) on how to administer an enema, and I'll even do a coffee one from time to time. My doctor has recommended using MMS (not MSM, you can google MMS) for the Lyme patients but I haven't tried that yet!

After that I like a nice filtered shower. I love my whole house filter (listed in the [shop](#)), and I feel much safer than showering or bathing with regular tap water. The whole house filter has been a major blessing for me.

Then I will go to work on the computer but highly recommend breaks every 15 minutes. There are plenty of articles out there supporting the fact we weren't meant to sit all day and need to get up -- even if just to do a squat or two and sit back down to get to work again. Taking a break with your eyes from the screen is also a good idea.

Now some people might feel they need to eat breakfast when they awake, and I'm not recommending anyone try intermittent fasting without talking to your (yes you know it now, your practitioner), but I don't eat first thing in the morning, though sometimes I'll have a little organic almond milk with my supplements.

When the weight started coming off it was a culmination of things. I was relaxing more and going to Yoga and Pilates, also not eating first thing in the morning, which many doctors now recommend (even though we were told to eat a big breakfast for years!). When I do eat, it's something very light like some fermented vegetables. Others prefer a vegetable organic broth -- I know it might not sound like your usual breakfast, but my body and taste buds did adapt. An hour or two after my supplements, I'd also take probiotics. I know people who don't eat a plant based diet who will drink bone broth soup, which some experts say heal the gut, but it's time consuming to make and I believe that many can heal it without going to such great lengths. For those who do eat meat, my partner has done several articles and talks about eating a lower protein diet, and Dr. Dean Ornish (an old friend) and others have said that eating less of that meat will help shed the pounds. Also if you do consume meat then I wouldn't recommend anything but grass fed organic, preferably from a farmer you know.

Even Michael Pollan, the author of the Omnivore's Dilemma, says he eats meat twice a week at most. (He said this on Oprah and I've got the video). And if you're at all religious (also ok if you're not), you'll notice in the bible they were not big meat eaters. Then there is the amazing book, The Blue Zones, that

picks people from around the world in 5 places with the biggest concentration of centenarians (people over 100), and 4 out of 5 did eat meat in their diet, but very little and not in large quantities. Food for thought!

I used to eat organic grain cereal for breakfast, but gave that up too. I'll have some vegetable broth, or even warm mixed veggie soup. I realized that with the shape my gut was in, I could not eat an all raw diet or even close. I needed some cooked foods (though the fermented veggies would be considered raw). At first it took extreme discipline because I wanted cereal, bagels, and all those goodies, but then my body changed and became fat adapted as well. I'd also have some fat with every meal, like a half of an avocado or a little coconut oil into my soups.

I would get those cravings but would substitute and make some almond milk with chia seeds (letting them soak) and add some stevia. Stevia tastes pretty good in foods and drinks that have some fat content in them. I just don't like it in plain tea or coffee. Speaking of coffee (to switch gears here), I gave up drinking that too, as many articles and health books I read talked about how hard it is on the adrenals. I first switched to half caf (half caffeinated/half decaffeinated), then switched to decaf after time, and eventually tapered off altogether. Some friends have used the same method.

Besides using stevia as a substitute to get me through those sweet cravings, I'd have almond paleo crackers (also vegan) which were baked (not raw), or a nice raw seed cracker to help me get over those cracker cravings. The bread was the most difficult, but I gave that up too! Except special occasions of course.

Lo and behold after a while my cravings stopped, I was actually absorbing the nutrients, and I lost those constant cravings for sugar and bread! I got my carbs, but I got them through implementing more vegetables into my diet. Yes before I ate veggies, but I also ate organic treats that were locally made, but full of sugar and grains.

Obviously I couldn't just live on veggie soup and fermented vegetables. I do allow myself some fruit (in season), and sometimes might have a mango for my late breakfast, or some strawberries. I tend not to mix foods (as some believe you can lose weight just with food combining), and if you look it up you'll see proteins and grains don't combine so well (so much for the sandwich concept which I also threw out the window!) -- even if it were an organic peanut butter sandwich with organic jelly and bread. I don't combine when I dine like that anymore except special occasions! I'll even eat my fruit separately, and don't eat desserts after a "meal" as that food can then ferment.

I'll have a tasty dessert like organic banana ice cream, but I won't eat it after a big meal -- in fact, I don't really eat big meals anymore as I used to. I think because now I feel I'm absorbing more nutrients, and don't need to eat so much that my stomach is in pain, when I'm 50% body fat as I was 2 years ago (now 30 pounds lighter and at about 23%).

So yes I'll eat fruit alone and separate from vegetable soup, though combining a little fruit and vegetables wouldn't be terrible if I did that once in a while. I'll also make an amazing organic almond butter, but no longer do I put it on bread and eat it. Now I'll put it in

the blender with a little organic almond milk and something added for taste, like organic stevia, which Dr. Lee Cowden (a friend and doctor I've consulted with) recommends for his Lyme patients. I got rid of the breads, pastas, pizzas (even organic) except for special occasions, cookies, cake, crackers, and all those things that were empty calories as far as I'm concerned. I now eat a more nutrient dense diet, and those veggie soups or almond smoothies, or an occasional green smoothie or juice (several recipes on my [site](#)) are much better choices for me personally. I use many of the vegetables growing in the garden out back (using woodchips and other organic methods) and always encourage people to grow their own food whenever possible. As for juicers I list my two favorites on my [shop](#), one is more affordable, the other is a state of the art stainless-steel thing of beauty but I haven't bought it myself--yet!



Me in the garden out back

Once I felt my gut was healing from diet changes alone, I ate more salads (raw veggies) and could tolerate that much better than before. Now some may say vegetables make them bloated. Let me quote this article (with permission) from [Mercola.com](https://www.mercola.com):

Bloating and gas are usually tied to what and how you eat. Vegetables can help reduce bloating—but if your gut is not healthy, they can make bloating worse.

A major cause of bloating is gas in your abdomen, half of which is simply swallowed air. You can reduce swallowed air by refraining from habits like drinking through a straw, chewing gum, or drinking carbonated beverages. The remaining abdominal gas is produced by the bacteria in your gut that help digest your food. If food doesn't move quickly enough through your digestive tract, gas can build up in your intestines, resulting in that uncomfortable bloated feeling.

Foods that tend to make bloating worse include sweeteners like sorbitol and fructose, grains, legumes, dairy products (if you have difficulty digesting lactose), and certain fruits and vegetables such as cabbage, cauliflower, Brussels sprouts, and prunes.

These foods contain sugars and starches that some people have trouble digesting. Overeating, eating too quickly, and not chewing your food adequately also contribute to bloating.

(End of quote)

Great advice! I also know a specialist who says it's not good for TMJ, wrinkles and a multitude of other things, to suck through a straw when you drink (I also gave up carbonated beverages 99% and don't chew gum anymore either. That helped too.

I got really creative with different types of vegetables (avocados for that fat!) salads, and lots of healthy organic soups. I'll post some more recipes for organic soups at HealthNutNews.com as well, but they were are and are a big part of my diet as, with the state my gut was in, I couldn't eat 100% raw. I made many a

smoothie in my personal Nutri Bullet that you might see on TV with our old friend David Wolfe. The NB is affordable at under 100 dollars, but I also own a Vitamix (which I list on the store) and that I use to make home made soups and other fantastic recipes found on my site (again I'll add even more to come)

Before this, I think I truly lived to eat. I had binge eating problems, and was never full. Now I eat to live, and have reduced the foods I eat, but feel I've increased the nutrients. I still have fun if I go out, but food isn't everything to me like it used to be. I'll go to our local restaurant the Kale Cafe and actually allow myself to have some non-GMO organic rice (a treat), and maybe take home a fruit smoothie they make me for later (but not right after as that could start fermenting in the gut).

I'll have several kinds of salads to choose from, a variety of soups, nuts seeds, fruits, other vegetables, and a couple of healthy brands of snacks I'll share in the store. My one weakness is organic raw coconut water, which I drink in moderation. But if I really drink enough water throughout the day I'm pretty happy. It takes some major time to get over the cravings of the foods I used to eat, but I'm happy now going out and just ordering the soup and salad, with a water and lemon and calling it a day. I now skip desserts at restaurants when I go, except the local Kale Cafe's fruit smoothie (a rare treat).

Let me tell you, I used to sneak food into the house and I could eat a pack of Vegan protein bars in minutes. Now I can easily have just one vegan protein bar and

not crave another, though again, even that's a treat for me (it does have some sweetener), and not something I eat regularly.

I'm not even into eating protein powders, no matter what the quality as this is a processed food. Granted some of the foods I mention are lightly processed, but they are aren't in a bag, box, wrapper or can.

I know many people are doing things like eating raw foods in the day, and then a cooked meal at night, but I've never had any rule of thumb in this (obviously if I'm having broth in the morning that's cooked, but if fruit it's not)

I'll be doing more videos that go into more detail on diet and since this book is free and my time limited, I cannot write as much as I'd like on recipes and all the different diets for different people, but again, I eat things as little as possible from a package, wrapper, box or bottle, and recommend whole foods, and as an old expert once said -- shop on the outer sides of the grocery or health food store.

Instead of going through the aisles with boxed and canned goods you want to go to the produce section (first and foremost for your fruits and veggies). You can go to the bakery, but I skip that part now even if it's fresh baked bread (except for special occasions). Then there's the meat aisle and for those meat eaters out there remember, there are plenty of experts (who are meat eaters too like Pollan) who don't eat meat more than twice a week. You've got the dairy aisle too, but for me and many I know, dairy doesn't set well with us (I'm just talking about the health aspects). We are the only animal who continues to drink milk once

we are weaned from our mothers (or sadly for me not breast fed as I'm adopted), and we are the only animal in existence who drinks milk from another species. Do one search on the internet about the health of most cows today and the drugs they are given, and you might want to look at alternatives such as almond, hemp, or flax seed milk. I'll provide a good recipe on my site soon on how to make almond milk at home.

Now beyond diet-- let's get back to exercise. I said that I quit the high intensity workouts, which only seemed to help me gain weight, probably because of my exhausted adrenals -- I don't even think it was the Lyme, and I switched to Pilates and Yoga. I know many who are very confident in their CrossFit classes and fast paced workouts, but you might want to check out [this article](#) done on HIIT (high intensity interval training), and many injuries go unreported. Some others have said we haven't even begun to see the repercussions of these programs. Now I think if you consult with a professional then the answer lies in your own hands. But personally, you won't see me at a CrossFit or HIIT class ever again. I was fat and out of shape, and when I began going to a more slower paced relaxing but steady workout with SLOW Yoga (non heated, I refuse to do heated) and Pilates, I thrived and that (coincidence or not) is also when my weight fell off and stayed off. But again, you might want to check out [this article](#).

I think my skin started to look better at this time too and I had more of a glow people told me. I would just use simple coconut oil on my body and one face product I wouldn't stop using for the world that is in the store made by Suki (one of the best skin care lines I know) I'm 44 and do admit I get some nice

compliments on my skin. I don't like to use a whole myriad of skin products and don't feel they're really necessary. Also the Vegan shampoo and coconut oil (both in the [shop](#)) was great for my hair, and I take a tablespoon a day internally as well -- I also did this for my cat (just a teaspoon) and she lived to 20, and was 100% sharp and with it up til the day she died.

I'm sure you've heard the term about getting grounded. But what does that really mean? I am a believer in going outside, turning the technology off, leaving your phones turned off and getting grounded with the earth. I have the honor of knowing and meeting Dr. Steve Sinatra a few times now, and he does a great article about the benefits of getting grounded. I have the grounding products but honestly, when I can? I just like to go out and get grounded with the actual ground and earth and as cliché' as it may sound? Be one with nature.

Another female doctor once said to me -- take one day a week to unplug and get unwired and leave the technology behind. No cell phones, computers, no television as many doctors now believe (Surprise!) that has an impact on your adrenals and overall well being.

I always turn the wireless internet off at night (why leave it on?), and I know some people who go as far as turning off the circuit breakers for their whole house! I don't take it quite that far, but I definitely do my best not to work in the bedroom, and have as few electric appliances in there as possible. It was Dr. Gary Null who taught me years ago that I might think twice about having that digital clock next to my head. Most "health nuts" I know (many MD's included!) keep

theirs at the foot of the bed away from their head. (Do a search on EMF's to learn more about that) Also one of the most renowned sleep clinics in the world told me those with insomnia should get rid of the clock in the bedroom altogether. That wasn't based on any EMF speculation but they found patients would look at it too often in the night.

For me, with weight problems, an autoimmune disorder and my past health history from in utero on -- the cards weren't in my favor. So I had to lower my stress. Implementing things like going to bed earlier, and I love my blue blocker glasses (included in the [shop](#)). I don't know if they truly block the blue lights, but when I look at a blue nightlight with them on I cannot see it. See [this story](#) on how all the blue light exposure we have now (with electronics and electricity in general) might be causing us to gain weight. I'll keep wearing my low blue light glasses whether they look funny or not. I only wear them after dark in my home so I'm not out in public with them! In the morning though, is when my sleep doctor tells me I need the sun exposure and blue light to keep my circadian rhythm on track. So that is when (if it's a cloudy, rainy or cold climate) I use my happy light. I even have some pictures of my cats using this who both lives to 19, nearly 20. When I lived in Chicago, I loved using the happy light in the morning. I own the very one that I feature in the [shop](#).

Besides cutting down on the blue light spectrum at night, cutting back time on the computer, and getting grounded, I like to keep a journal (online) to get more organized with my schedule. I also believe that getting the house in better order (clean up that clutter) really makes the difference. This might sound simple, but

I've been fortunate to have been given this sage advice, and these changes alone made a huge difference in my stress level. I implemented those changes all about the time the weight came off too, and I began to feel better for the first time in a long time. I don't think I'd recommend a friend try all these new things at once, but if one were to start with baby steps I think very positive changes could be seen.

Another thing that I feel is essential for me (and how I wish others around the planet would follow) is using organic hair, skin and beauty products. I will be adding some to my shop but I'd never use deodorants or shampoos from the drugstore (except that many are now carrying organic or more natural brands!) My grandmother always taught me to eat right and take my supplements but also to do as little harm to the earth as possible. I make many of my own house cleaning products (or buy new certified organic ones) and feel better about it for me and my family and pets and the planet. Simply google toxins in your household cleaners to learn more. Another change I made was to only use organic lawn care products and hire a natural bug company (it is Florida!) who uses edible products and knock wood I never see a bug. While my neighbors use the guys who come and spray with the conventional stuff and they still have problems. I always recommend my relatives search for a natural bug company. My family did this for my grandfather who lived to be 99 years old and made sure they were truly natural with no harmful chemicals. So making those simple changes of going organic with the lawn care, household chemicals and bath and beauty products was life changing for me. Again, remember if you plan to make changes start with baby steps but I

know you will succeed! Definitely follow me on [my YouTube channel](#) for information on my health retreats, but more importantly I'll have practical helpful videos I'll do on a regular weekly basis to help all my friends out there. Like subjects on why I don't have a smart meter and I recommend keeping an analogue "old school" meter, to never using a fluorescent bulb in my home. I really hope you'll tune in!

Now, I know some of those who are here aren't reading this just to learn about what I put in my body or what I do to destress. They also want to learn a bit more about Lyme. Not to get too scientific, but I want to give you a little history on Lyme. Some might not want to read through all this as we get a bit more detailed, but for those looking to get tested for Lyme their doctor can send out for a Western Blot test at [IgeneX.com](#). I think that's the first step, and then, as I say in the video, find an LLMD (Lyme literate MD) online.

Ok now onto the Lyme stuff! Let's start first with the simple question of what is Lyme disease. I've met Lymies who don't truly know the whole story and that can help. Lyme disease appears to be a major, yet oftentimes hidden, player. This may sound shocking to you, but diagnosing Lyme is very difficult, so the actual number of cases is high relative to reporting.

According to preliminary statistics, just released by the Centers for Disease Control and Prevention (CDC), approximately 300,000 new cases of Lyme disease are diagnosed in the US each year. This is about 10 times higher than the officially reported number of cases, indicating that the disease is being vastly underreported.

The data was presented by CDC officials at the 2013 International Conference on Lyme Borreliosis and Other Tick-Borne Diseases in Boston in the middle of August. As reported in the featured article by Medical News Today:

This agrees with studies reported in the 1990s that showed the actual number of Lyme diseases cases in the US was likely to be three to twelve times higher than reported... Lyme disease is the most commonly reported tick-borne illness in the US.

Lyme disease was named after the East Coast town of Lyme, Connecticut, where the disease was first identified in 1975. The disease was first referred to as "Lyme arthritis" due to the presentation of atypical arthritic symptoms in children that lived in that city. By 1977, the black-legged tick (*Ixodes scapularis*, also known as the deer tick) was linked to transmission of the infection.

Then in 1982, Willy Burgdorfer, PhD, discovered the bacterium responsible for the infection: the spirochete, named after him, *Borrelia burgdorferi*, is a cousin to the spirochete bacterium that causes syphilis.

In fact, the two look almost identical under a microscope. *B. burgdorferi*'s corkscrew-shaped form allows it to burrow into and hide in a variety of your body's tissues, which is why it causes such wide-ranging multisystem involvement.

Borrelia burgdorferi does not just exist as a spirochete; it has the ability to live intracellularly (inside your cells) as an "L-form" and also encased as a "cyst" form. These different morphologies explain why treatment

is so difficult and recurrence of symptoms occurs after standard antibiotic protocols.

Adding to the difficulty in treating Lyme, the organisms may live in biofilm communities, which are basically a colony of germs surrounded by a slimy glue-like substance that is hard to unravel. For these reasons you will often see Lyme referred to as “stealth.”

No doubt about it, this clever maneuvering and the pleomorphism of the germ helps it hide and survive despite the most aggressive antibiotics of our time. Furthermore, as reported in the featured article:

“The Lyme disease bacterium has a quirky feature for survival. It can exist without iron, which most other living organisms require to make proteins and enzymes. Instead of iron, B. burgdorferi uses manganese, thus eluding immune system defenses that destroy pathogens by starving them of iron.”

You can be host to the Lyme germ. The tick, which feeds off deer, birds, animals (including your pet), then gets on you. It numbs your skin so you won't feel it. It prefers dark, crevices such as your armpit or behind your ear, or your scalp. Depending on the season, the tick may be a baby, termed a nymph.

It attaches to you (the host), and you may not see it since nymphs are no bigger than a poppy seed. Once it attaches itself to you it feeds on you (they are blood-suckers). At some point, and it may be an hour or a couple of days, it will ‘spit’ its bacterial load into you. The bacteria are released into your blood from the

infected tick via saliva. We now know there are five subspecies of *Borrelia burgdorferi*, more than 100 strains in the U.S. and 300 worldwide, many of which have developed resistance to our various antibiotics.

It's worth noting that while many still attribute Lyme transmission exclusively to ticks, Dr. Dietrich Klinghardt (that's my personal doctor who I first saw in 2009), one of the leading authorities on Lyme disease, warns that the bacteria can also be spread by other insects, including mosquitoes, spiders, fleas, and mites. This may be the reason so few Lyme sufferers recall being bitten by a tick. The other reason of course, is that you don't feel the bite, and usually don't see the tick!

In fact, fewer than half of Lyme patients recall ever getting a tick bite. Many Lyme patients don't remember such an event because the tick numbs your skin before biting so it is never felt. In some studies, this number is as low as 15 percent. So, if you don't recall seeing a tick on your body, that doesn't rule out the possibility of Lyme disease. There's even some evidence pointing to Lyme disease being capable of sexual and congenital transmission...

To add confusion to the story of Lyme disease, ticks usually transmit more than the *Borrelia* organism. They could simultaneously infect you with *Bartonella*, *Rickettsia*, *Ehrlichia* and *Babesia*. Any or all of these organisms can travel with *Borrelia burgdorferi* (the causative agent of Lyme), and each causes a different set of symptoms. When a person has Lyme, they often have some co-infections. Simply put, you can have one tick bite, and wind up with five different infections. Each patient with "Lyme disease" presents differently based upon their co-infections, making a standard

treatment plan impossible. Treatment is based upon presentation of symptoms.

Many Lyme patients who battle this disease on a daily basis appear healthy, which is why Lyme disease has been called "the invisible illness." They often "look good," and their routine blood work appears normal, but their internal experience is a far different story. Several people close to me have struggled with Lyme disease for between 15 and 20 years. They recently tested positive through the IgenX blood test discussed below. This is actually a common scenario for many Lyme patients.

The problem of misdiagnosis is typical for many Lyme patients because conventional labs are not good at detecting the causative agent (*Borrelia burgdorferi*) or it's co-infecting pathogens. Additionally, physicians have been told for years that Lyme does not occur in some states which is incorrect. Lyme is in every state, and in fact worldwide.

With Lyme, the most disabling symptoms are always invisible. You never feel completely well, there is always some issue to deal with, and as soon as one symptom retreats, another appears. The dial is spinning all the time. The constant and sometimes disabling symptoms leave you physically depleted and spiritually weakened. Complicating matters further, Lyme disease is also notoriously difficult to diagnose, and laboratory tests are known to be unreliable. It's difficult to test for Lyme for a variety of reasons, but one of the main ones is that there are so many species

of the germ, and only a handful of strains are detectable with current lab science technology.

Because Lyme and all of its co-infections cause so many constant symptoms, it easily mimics disorders, such as multiple sclerosis (MS), arthritis, Parkinson's, chronic fatigue syndrome, fibromyalgia, ALS, ADHD and [Alzheimer's](#) disease. The only distinctive hallmark unique to Lyme disease is the "bull's-eye" rash known as Erythema Migrans, a red rash with an expanding red ring around it and this occurs soon after the tick bite. After it clears up, this bull's-eye rash is gone.

And for the record, it's not even always in the shape of a bull's eye. Perhaps now you understand why the cases reported to the CDC have been woefully low. But as just mentioned, less than half of all cases of Lyme can be traced to a tick bite, so this hallmark rash is absent in many of those infected.

So how do you know if you have Lyme disease? Besides the rash, some of the first symptoms of Lyme disease may include a flu-like condition with fever, chills, headache, stiff neck, achiness and fatigue. Treatment at this point is crucial because it may help you avoid chronic Lyme. If you don't see the tick and remove it, it can progress to ailments like arthritis, facial palsy, nervous system and heart problems and a hundred other symptoms. For a more extensive list of symptoms, refer to the Tick-Borne Disease Alliance⁷ (TBDA), but some of the more frequent symptoms include the following:

- Muscle and joint pain
- Neurological problems
- Heart involvement
- Vision and hearing problems

- Migraines

To give you an example, recently the College of Charleston President George Benson was hospitalized for Lyme disease according to an email he addressed to campus members. Prior to this, he had been hospitalized for severe back pain, but no one was sure of the exact cause. His possible successor, Republican Lt. Gov. Glenn McConnell was also ill from Lyme disease last year according to The Associated Press. Lyme is everywhere, I suspect that even the most recent numbers reported by the CDC (300,000 cases) is lower than the actual real-life cases. For more real-life examples, see the discussion below, featuring two Lyme patients, and this recent CNN Health article by Erik Nivison, producer for HLN's "In Session," who was recently diagnosed with Lyme disease after 2 years of symptoms.

There's a load of controversy around Lyme disease. In the past, sufferers were told their ailments were "all in their head," and the disease was largely swept under the rug. Sadly, this still occurs today and this is frequently missed. The controversy for the most part today largely revolves around whether or not antibiotics are effective against chronic Lyme disease, and whether there even is such a thing as chronic Lyme.

According to Suzy Cohen, doctors that belong to the Infectious Disease Society of America (IDSA) do not believe in chronic Lyme and typically will not treat a Lyme patient beyond four weeks. Some medical doctors and practitioners belong to the International Lyme and Associated Diseases Society (ILADS) group, which does believe that Lyme can and does often

persist beyond a few weeks, and are willing to treat you beyond the four-week period.

I can tell you, chronic Lyme does exist, and no matter how long you've had it, there is always hope for a full recovery. It baffles me as to how physicians can deny infection when these organisms are stealth and evade detection and standard treatment protocols.

Investigative journalist Beth Daley in the a PBS interview describes it like this.

"It's a very controversial disease, in large part because there are so many questions about treatment and lingering symptoms of people with Lyme and if people actually have Lyme disease who are sick... Traditionally, you get bit by a tick, you might see a rash or feel a fever or you go to the doctor. They sort of diagnose you through tests or clinically. And you would probably get three to four weeks of oral antibiotics. And that is -- most people agree, is usually enough to knock the disease from your system completely. Sometimes, it goes a little bit longer if it's more involved, but short courses of antibiotics overall.

However, a large segment of people believe that their symptoms linger for years sometimes, and the only way to treat them is to use long-course antibiotics, often through intravenously or orally, for years on end to -- so they can live, so they can really get out of bed in the morning. And that is a controversy. The medical establishment says, listen, there's no proof this longer course of antibiotics work at all. And these Lyme patients say, yes, it does... And a lot of the debate centers on, a lot of

insurance companies won't pay for those antibiotics. As a result, lots of people go bankrupt..."

According to Daley, there's little discussion within the medical community to determine whether patients with lingering symptoms actually benefit from long-course antibiotics or not. However, some researchers are looking into the matter. Researchers at Yale, for example, are investigating whether the killed-off bacteria might be leaving protein residues behind, causing long-term symptoms. Other research being performed at Tufts suggests that the bacteria can indeed survive, at least in animal studies, and that this weakened bacteria might still contribute to problems. Daley also points out that these latest statistics really bring Lyme disease to the fore politically:

"If you just consider Massachusetts, which is -- where The Boston Globe is, we spend \$10 million a year and more on mosquito control. We spend \$60,000 on tick-borne diseases. The disparity is great. And as Lyme disease burden grows on public health, hopefully -- I think people are hoping that the political forces will come to bear, that they will start seeing money to eradicate ticks in the environment or help people learn more about them."

I personally believe that long term antibiotic treatment is not a wise choice for most, and that every natural alternative should be considered prior to that strategy as there is a major danger for impairing your beneficial bacteria and developing a yeast or fungal co-infections, which are already common in the disease.

The use of antifungals like fluconazole and nystatin may certainly be appropriate and helpful when a secondary yeast infection is present, and it often is present in cases of Lyme disease. In an ideal world, you would boost your immune function with a healthy diet, antioxidants such as astaxanthin and even a compounded drug called low-dose naltrexone (LDN), known to help your body fight harder. A gentler solution to conventional antibiotics that can strip your body of needed probiotics and cause a myriad of symptoms is the Nutramedix line of herbal antimicrobials. This was developed by my friend Dr. Lee Cowden and is often termed the “Cowden Protocol.” It is not thought to cause resistance because this protocol cycles various herbal antimicrobials.

Slate Magazine ran an article earlier this summer highlighting the controversy surrounding chronic Lyme disease, also referred to as “post-treatment Lyme disease syndrome” (PTLDS). According to some studies, PTLDS affects 0.5 to 13 percent of patients treated for Lyme:

*“Doctors divide chronic Lyme disease into two categories, broadly speaking. The first involves patients who have a known history of infection by *Borrelia burgdorferi*, the spirochete responsible for Lyme disease. A small subgroup of patients treated for the disease experiences aches, fatigue, and other nonspecific symptoms more than a year after the infection clears. Whether these symptoms have anything to do with the initial infection or treatment is a subject of controversy among mainstream doctors, because we don’t have enough data to make a judgment.*”

Then there are patients with no proven history of actual infection, who represent the overwhelming majority of people claiming to suffer from chronic Lyme. This form of chronic Lyme is controversial in the same sense that rhinoceros horn therapy is controversial: There's no reliable data to support it."

While some patients do report success on long-term antibiotic treatments, there are clearly risks associated with such a strategy. For one, you raise your risk of developing antibiotic-resistant disease, and antibiotics kill off both good and bad bacteria, making it virtually impossible to maintain optimal gut health without rigorous reseeded of probiotics. By disrupting your gut flora, you then expose yourself to a whole host of other pathologies. This is an important point, and a major part of the overall controversy. So should you be treated with long-term antibiotics if you do not have a history of active Lyme infection? I believe the side effects of taking antibiotics long-term are detrimental enough to consider your alternatives. And remember, Lyme organisms can exist in three different forms (cyst, spirochete and L-form) so they are really very good at hiding from antibiotics anyway.

If you are one of those people that are sensitive to alcohol, medications, antibiotics or perfume, this is a sign that you likely have a methylation defect in your genetics. The methylation pathway is a detoxification pathway in your body that clears toxins. Lyme disease sufferers often have a methylation problem, especially those people with neurological symptoms that are unresponsive to conventional treatments. Suzy Cohen (my sweet personal friend, along with her husband Dr. Sam Cohen) are the ones who really diagnosed me and

told me to go get the test! Suzy wrote a detailed article about methylation and explains how to naturally circumvent this problem if you have Lyme disease, and ease your symptoms. For that article click [here](#).

One of the reasons blood tests are so unreliable as indicators of Lyme infection is that the spirochete has found a way to infect your white blood cells. Lab tests rely on the normal function of these cells to produce the antibodies they measure. If your white cells are infected, they don't respond to an infection appropriately. And the worse your Borrelia infection is, the less likely it will show up on a blood test. So, in order for Lyme tests to be useful, you have to be treated first. Once your immune system begins to respond normally, only then will the antibodies show up...

If your blood test comes back with positive IgM antibodies, take this as a positive confirmation of active Lyme in your body. I tell you this because many physicians will dismiss a positive IgM antibody and tell you that you do not have an active infection. They will tell you it is a false positive and not to worry, and not to treat. Nothing could be further from the truth. Because of a process called antigenic variation, the proteins on the outer surface of the Lyme germ move around, causing your body to see the germ as new and different, even if it's been living inside your body for decades. This is what causes the positive IgM years after the initial infection. It's also called "epitope switching." So I want you to know that if you have a blood test that shows positive IgM antibodies, I would consider this a positive test, and you are best served

by getting treatment, especially if you have symptoms of Lyme.

Another reason is because a vaccine was developed years ago, and conventional testing does not identify the most popular surface proteins or “bands” as they are sometimes called because those were in the original vaccine (Lymerix) now removed from the market. So if you can’t test for the most common bands of Lyme, how will you find the infection in people? This is yet another reason Lyme is so underreported. If you take a standard “Western Blot” blood test for it, your test is likely to be negative even if you have full-blown Lyme disease.

Ok, I know that was a lot to handle, and I thank Mercola.com for letting me use their Lyme literature. I am forever grateful to Dr. Sam and Suzy Cohen for making me get that IgeneX test and getting me on track. I don’t even want to think where I’d be without them today, had I not done the test at IgeneX.com (by the way I’ve no association with IgeneX other than they diagnosed me with my positive test). I wish I’d done one with Dr. Dietrich Klinghardt in 2009, but not even sure how advanced the test was at that time. Sure, the Western Blot was available, but it can (as you see above) often come up negative, and I’m not sure we thought it was Lyme at the time. I was a positive and there’s no faking that. I’m just glad to be working to heal my body, and hope you’ll stick around to watch my videos and stay on the mailing list. It will be geared toward people not just with autoimmune issues like Lyme or thyroid issues (I’ll be talking about thyroid more in the video as this is just an ebook!), but also for folks who might want to read more about weight gain (and more importantly weight loss!),

healthy recipes, diet changes and of course, the latest and greatest health news.

I'll see you over on my Youtube channel or at [HealthNutNews](#), or feel free to follow me at [Facebook.com/retreat](#) (nice and simple name), [facebook.com/HealthNutNews](#), or [twitter.com/unhealthytruth](#). I'd love to hear from you, so just hit follow or like on Facebook and Twitter and you're all set.

Thanks for reading this far, and I send you my love and strength and remember, no matter what your challenges- you're not in this alone. We're all in it together, which makes it so much easier with the support of each other.

Erin

