

Klinik St. Georg

Center for Internal Medicine, Oncology, Immunology & Environmental Medicine

Meditherm Kliniken GmbH & Co. KG Rosenheimer Str. 6-8•83043 Bad Aibling

☎08061-398-0•Fax 08061-398-200

What is Klinik St. Georg?

The St Georg Klinik is a place where people with Lyme Disease and cancer go for treatment. It is an integrative therapy concept which combines conventional, alternate and scientifically based therapies where you stay and have all your treatments in the one place.

What sets St Georg Klinik apart from other places that treat Lyme Disease?

In my opinion the WBHT (Whole Body Hyperthermia) is the key in combination with ozone therapy, detoxification and an immune biological support program. Treatment includes IV vitamins and antibiotics, magnetic therapy, singulet oxygen, detox foot baths, colonic irrigation, enema's, herbal supplements and even reiki, meditation and yoga.

Where is the clinic located?

The clinic is located in a gorgeous town called Bad Aibling that is just under an hour from Munich.

What are the contact details?

Phone: +49-8061-398-233

Fax: +49-8061-398-454

E-Mail: info@st-george-hospital.com

Website www.st-george-hospital.com

How do i get there?

The best option is to fly Munich. If you live in Australia i highly recommend having a stop over for a day or two on the way over to help prevent jet lag. I personally can recommend Etihad Airways with a stopover in Abu Dhabi. Once you arrive in Munich you can have the clinic organise a private transfer for you for about 85 Euro or just catch a cab (which is about the same amount). I recommend organising the transfer so you can just relax and not stress about where to go.

How long is the program?

The treatment cycle is 14 days.

How much does it cost?

15 000 euro

What do you get for 15 000 euro?

Accommodation

Labs pre and post treatment

Weekly visit from all the doctors

Daily access to the treating doctors

24 hour nurse available to you

All bloods tests

All testing including ultrasounds, ECG, EEG, CRS, Dark field (metabolic testing)

All meals

All supplements

All homeopathics

All antibiotic IV's

All vitamin IV's (including 8 x vitamin C)

2x Whole Body Hyperthermia

2 x Colonic Irrigation

2x Enema

8x Singulet oxygen

8x Ozone

8x Magnetic Field Treatment

8x Laser Treatments

Weekly Reiki Treatments

Access to yoga and meditation classes

Supplement package to take home home treatment

Full report of all examinations / treatments / recommendations specific to you

Are there any extra charges?

Occasionally there will be a few extra charges but they will always be okayed with you first. Add 20 euro for wifi.

Can i bring a friend or family member?

I highly recommend you do. The program is quite intense and its nice to have someone there to comfort you and hang out as there is a lot of sitting and lying around. They can share a room with you or have a separate room for 68 euro a day (includes accommodation and meals)

How do i pay?

You can pay with certified bank cheques, traveler checks (not smaller than 100 \$ bills) or wire transfers. For a wire transfer they need a bank confirmation of the outgoing transaction. You can also pay credit cards (Visa Card and mastercard plus additional fee of 3%, and American Express plus additional fee of 5%) however with such a large amount of money i don't recommend it!

Account Holder: St. George Hospital, Meditherm Kliniken GmbH & Co.KG
 Bank: Raiffeisenbank Rosenheim, Tegernseestr. 20
 SWIFT Code: GENODEF1ROR
 Branch Code No. 711 601 61
 Account No. 7249470
 (I.B.A.N.) DE 40711601610007249470

It is important that he payment is made and received before you check in. Please fax or email a copy of the transfer order, if you wire the money.

Do i need to do anything before i go?

It is recommended you do a 3 month program before you go to ensure you are detoxing properly. This includes:

1. Stop medication and microbials: Come off all antibiotics for 2-3 months prior to give your body a rest and see what bacteria are just hiding in cyst form. Also if possible come off all microbials - but only if it doesn't make you relapse - i kept taking a lot of mine until a week or two before and then stopped.

2. Diet and Nutrition: Recommended is to follow = The Patient's Detox Book - Patricia Kane - BodyBio - If you stick to a paleo like diet you cant go wrong with basic rules being- no caffeine, sugar (even keep fruit to a minimum of 1 piece per day maximum), no alcohol, no gluten, no processed foods, no vegetable oils, minimal grains (ideally soaked before eating), no corn or corn based products, minimal dairy (1-2 serves a week maximum), ideally organic, filtered water. It sounds very restrictive but eating clean is important to give your bosity the least amount of toxins so it can detox the toxins and die off that are already overloading it. There are many great paleo recipes and even just yummy salads and soups so you dont need to go hungry or eat plain foods. I have actually kept eating this way since recovering and love it!

Supplements: See table below:

Supplement	Dose	Where to get it
BodyBio - Phosphatidylcholine (PC): caps or liquid (detoxifier) <i>*take on non PC IV days</i>	<u>Caps:</u> 6 caps 1x day building to 6 caps 2x day <u>Liquid:</u> 1tsp 1x day building to 1tsp 2xday	order on http://healthygoods.com or amazon.com
Ortho Molecular - Cancidid Forte (antifungal and great for GIT)	1 cap 3xday and work up to 2 caps 3x day	order on iherb.com
Bioray - NDF (heavy metal chelator /detoxifier) <i>* optional (i loved this supplement so highly recommend it)</i>	2 drops on empty stomach before breakfast working up to a full dropper	order on amazon.com

3. IV's: 1-2x week for 2 -3 months prior
 Phosphatidylcholine (PC) - buy from switzerland is best (2 amps)
 Glutathione - 500mg
 Vitamin C - 50g

* They recommend doing PC separately to Vit C and glutathione but i did it all together. If you are quite sensitive to treatment dont do this but if you are quite robust then try it as i found it effective and saved me time!

You can contact Kingsway Compounding Chemist below if you wish to order the IV's and have them administered by a private nurse (much cheaper!) You will need a script from your doctor. If you live on the northern beaches i have a private nurse that does mine and she charges \$100 to come to your house and do it all for you (you need to source the IV's and she will put it all together, and monitor you throughout the infusion).

Kingsway Compounding

40/9 Powell's Road
Brookvale NSW 2100 Australia

Tel: 1300 564 799

Fax: 1300 564 899

compounding@kingswaycompounding.com.au

Opening hours Mon-Fri only 9am to 5pm

What you need to do the IV's:

- 500ml Saline bags (\$7 each)
- Giving sets (\$10 each) - connect saline bag to the acnula in your arm or gripper needle
- Cannulas – 22G with a 25mm length (\$5 each)
- 50ml Syringe to prepare the mixture
- 19G and 21G needles to prepare
- Cotton balls and Band-Aids for after the needle is removed
- Gloves - keep everything strile whilst preparing
- Alcohol spray / wipes - to clean the point of entry for the needle
- If you have a portacath you will also need gripper needles, 10ml syringes and salinised heparin

4. Infrared Sauna's - see info below

Is there anything else i could do to help my preparation?

I understand that the lyme Disease is very costly both physically on your body, emotionally on your relationships and financially on your back pocket. It would be great if we could afford to have treatments everyday, so in an ideal world i would recommend you have regular treatments with holistic health care practitioners such as chiropractic, massage, acupuncture, kinesiology, reflexology and naturopathy.

While nothing will take the place of having a lyme literate primary health care practitioner to support your healing physically, biochemically and emotionally, there are some easy and cheap things you can do to help as explained below:

1. Skin Brushing

Any chemist, health food store, department store or your local Woolworth's or Coles sell skin brushes for just a few dollars. Removing dead skins cells helps the body's detoxification pathways which is essential with any chronic disease. Always start at the extremity and brush towards your major lymph glands. You have major lymph glands on the inside of your ankles, behind your knees, in your groin, under your arm pits and in your neck. Use light brisk strokes. So start at the foot and brush up the calf and shin towards the back of the knee, up the thigh to the groin (repeat on other leg), then brush down your tummy to the groin, then your fingertips up the arm to the armpits, across the chest / breasts to the armpits and up the neck front and back. Do this just before you jump into the shower at least 1 to 2 times a day.

2. Keeping hydrated

If your body is not hydrated then it will not eliminate toxins as quickly and your organs and systems will also not work as effectively. Most people are dehydrated. The rule of thumb for anyone that is sick, exercising or stressed is **43ml of water per kilogram of body weight EVERY DAY**. This is your bare minimum water requirement and it can take up to a month to rehydrate a body that is dehydrated. Ideally you should drink up to a litre more than your daily minimum. Hopefully you are not drinking alcohol or caffeine but if you are you need to add another 500ml of water per coffee or standard alcoholic beverage. So get drinking its FREE! Handy tips are to always carry a water bottle with you and ideally make it a big one so you don't have to fill it up regularly.

3. Nutrition

Honestly if you don't get your basic nutrition right you are not going to heal. Think what your ancestors would have eaten and eat that. That's how you are built to digest your food. It sounds hard (and it is at the start) to eliminate or cut down on gluten, dairy, grains, caffeine, alcohol etc but the key is to add things you do like before trying to take anything away. As you start to feel better you will naturally make better health choices! If you need any help we have fantastic kinesiologists, naturopaths and nutritionists to help you. The closer you stick to a Paleo Diet the better you will feel and the quicker you will heal!

4. Epsom salt baths

Epsom salt baths are really cheap and relaxing. Buy a box of epsom salts from your local supermarket and throw it in a warm bath and soak away. It will help replenish your muscles with much needed minerals including magnesium, so it's great for people with aches and pains and who aren't sleeping well. The other option is to go to a place that has a float tank - one hour in a tank with 1 tonne of epsom salts that is so dense that you actually float on the water is the equivalent to 8 hours sleep! There are tanks in the Bondi Junction Massage and Float Centre that we recommend.

5. Green Drink

Whether it's a wheatgrass shot, spirulina, barley greens or simply juicing some greens at home for yourself you will help your body become more alkalised and energised. Avoid anything too high in sugar when juicing - a great healing mix is a combination of any of the following - celery, spinach, kale, broccoli, asparagus, zucchini, cucumber, lemon, lime and ginger. If you are fussy and it doesn't taste good try adding an apple or pear as a sweetener or blending it with some berries.

6. Yoga / Pilates

Aerobic exercise is not recommended when you are sick with Lyme Disease. However it is important to keep your body active and moving. Yoga and Pilates are the perfect way to keep your muscles activated and your lymphatic system flowing, without exerting yourself too much. Yin or restorative yoga is very energising for Lyme's. You can also download yoga and pilates apps or watch u-tube videos if a class isn't in the budget money or energy wise. We give all our Lyme's a complimentary 2 week class pass to try our classes for free.

7. Far Infrared Sauna

Far infrared Saunas are heated by metallic or ceramic elements that emit a narrow spectrum of mainly far infrared energy. They were introduced in the early 1980's and heat the body using radiant energy that heats the body from the inside as well as the surface. Research supports that the infrared can penetrate about 3.5-4cm into the body and for this reason they get great results at much lower temperatures. Not only is the cooler temperature more comfortable for people but far infrared also cleanses the tissues more effectively. Bacteria including borrelia (that causes Lyme Disease) is known to die at about 41-42 degrees celsius and these saunas go up to 60 degrees celsius. The heat is not just great for eliminating bacteria but has a whole host of other detoxification effects like killing co-infections and elimination of heavy metals. One off saunas are great but to get the effects you need to be doing 30 minutes (building to 60 minutes 3-7 times a week). If you have easy access to a sauna Lyme protocols support building up to having saunas twice a day (morning and night) for 1-2 years for best results.

8. Earthing and electromagnetic radiation

If you are exposed to a lot of electromagnetic radiation then it's important that you get your shoes off and put your feet back on the ground (grass, dirt, sand etc) to ground yourself. Aim to do this for at least 10 minutes everyday. You can also buy earthing devices to sit on in the car, put your feet on in the office and put on your bed at night. Biggest tip is to not have anything plugged in next to your bed while you sleep. Turn lights and bedside clocks off at the power point and make sure your mobile phone is either 2m plus away or turned onto flight mode. These seem like little things but can make a big difference.

9. Meditation and down time

Many people think meditation is for hippies. It is important to have down time in order for our body to heal. For some it may be using meditation apps that are free, attending a meditation class, sitting quietly for 10+ minutes a day, listening to healing music like vVr body will tell you if you take time to slow down and listen.

10. Sleep

Lyme's will often go through times where they don't sleep well, if at all. Sometimes this is intermittent and for some it's constant. Sleep disruption can come from many different sources such as pain, anxiety, nerve interference, hormonal imbalance and electromagnetic disturbances. Identifying the cause(s) of sleep interference is an important step. If you can't sleep then it's very hard to heal as most of our healing and regeneration is done in the deep sleep cycle. So if you address or fail to establish the cause of your sleep problems, last resort there are some supplements and even drugs that you can take to assist sleep. Please know that any pharmaceutical drug you take will consciously "knock you out" but your body does not go through the normal sleep cycle or get into deep sleep for as long (if at all). Sometimes you just need to sleep as its stressful being awake and thinking and stressing so mentally having a sleeping tablet might be the best thing, but know this is only a short term solution for a long term problem. If you don't find the cause and

re-establish your sleeping patterns it is near impossible to heal. That is why you often feel groggy after a sleeping tablet and sometimes wake up feeling even more tired than before. Kinesiology and acupuncture are great. Turn off any electronics at least an hour before bed and create a bedtime routine for your body.

Once i get back from Germany what do i need to do?

You will be given a full report when you leave the clinic on what supplements you will need. I recommend allowing a couple of extra days in Bad Aibling so you can order it all from the chemist next door (it takes about 24 hours to get in).

You will need to do 3-6 months worth of IV's when you get home to help you detox properly. I recommend having it all ordered and ready so you can start straight away. I was delayed by 6 weeks and feel this slowed my recovery.

Contact Greenwood herbals (Debbie mercer) - and order tinctures of Japanese knot wood and cats claw before you go. Start with 2 drops in water 2xday and build up to 30 drops 2x day.

I also recommend

- A good whole food supplement (i take Juice Plus)
- Strong Probiotic (either metagenics, bioceuticals ultrabiotic or VSL#3)
- High dose fish oil (once again metagenics or bioceuticals)
- Magnesium (best in powder form and my favourite for taste, quality and price is bioceuticals ultramusceleze)
- Adrenal support (if indicated such as metagenics adrenotone or Dr Ronn's adrenal and cortex caps)
- Enzymes (i swear by vitalzymeX www.worldnutrion.info but they are expensive)
- Good liver support - (i take defecell by cell logic and P2Detox)
- Fermented foods to heal your gut - e.g. sauerkraut, kefir, kombucha

As you start to feel better don't overdo it! Try and keep your diet as clean as possible and drink lots of water. Sleep as much as possible and don't overdo it with exercise! Slowly and progressively get back to your old life! My rule is better to do less and feel good than overdo it and be back to square one!

To get more information or to submit an application to St Georg Klinik you can book an in clinic or phone consultation with **Dr Kate Wood**. This will cost \$230 and include the consultation, assistance with preparing your application, liasing back and forth with St Georg staff and email support through out the entire process.

Supplements and Antibiotics used to treat Lyme and Co-infections:

LYME DISEASE	Restormedicine (&NR)	Byron White	Drugs	Other
Spirochete			Penicillin's and cephalosporons e.g.Bicilin, cefuroxime	Guaicum
Intracellular / cell wall deficient / L Form		A-V	Tetracycline's & Macrolide's e.g.Doxycycline, minocycline, azithromycin, clarithromycin	
Cyst			Tinidazole, plaquenil or metronidazole	Grapefruit seed extract
Biofilm	Lumbrokinase Nattokinase Serrapeptase	A-BIO	Vancomycin Diflucan Getamycin	Proteolytic Enzymes (rec. Vitalzyme) Cats Claw Otoha Bark Extract Other = berberine, artemesinin, citrus seed extract, black walnut hulls, echinacea, goldenseal, genetian, tea tree oil, fumitory, galbanon oil, oregano oil, neem

LYME DISEASE	Restormedicine (&NR)	Byron White	Drugs	Other
General	Fresh Teasel root RN Transfer factor LymPlus	A-L Complex	Amoxycillin for kids	Cats Claw (NM Samento) Japanese Knotweed Guaiacum

OPPORTUNISTIC & CO-INFECTIONS /	Restormedicine (&NR)	Byron White	Drugs	Other
Babesia	RN artemisinin	A-BAB	Malarone + Plaqueneil +/- septrin or Wellvone	Cryptolepsis Neem
Bartonella		A-BART	Doxycycline / Minocycline + Rifampicin / Azythromycin / Septrin or Ciprofloxacin, Bactrim DS	Dr Zenns' HH2 (Houttunynia) NM- Cumanda NM - Banderol
Mycoplasma		A-MYCO	Azythromycin	
Fungal Infections	Dr Nicola anti fungal formula	A-FNG		Loalson Mollecular Products - Candidid Forte Grapefruit seed extract Tea tree oil Garlic Olive Leaf extract Caprylic acid Herbs- cinnamon, clove, peppermint, rosemary, Oil of oregano Probiotics NM: banderol and cumanda
Parasite(s)	Dr Nicola anti-parasitic formula			Garlic Genetian Olive leaf extract Black walnut Wormwood Clove
Ehrlichia			Rifampicin, Ciprofloxacin, Bactrim DS	
Rickettsia			Rifampicin, Ciprofloxacin, Bactrim DS	
Herpes		A-V		L-lyceine
Epstein Barr Virus		A-EB/H6		
CMV (cytomegalovirus)		A-CM		
Helicobactor Pylori		A-HP		

OTHER	Restormedicine & Research Nutritionals	Byron White	Other
Detox Support	Dr Nicola's smilax Detox Formula 1 or 2 Liposomal Glutathionine Smilax	Detox 1 (whole body)	Vit C P2Detox Heel galium Enduracell's Defencell Dr Ron's Ultra pure - Fresh liver capsules Dandelion root Milk Thistle Glutathione Phosphatidylcholine (PC) - caps/ liquid/IV <u>Binders</u> = psyllium husks, flax seeds, apple pectin, chorella, activated charcoal
Immune Support	Dr Nicola Lyme Support Formula	A-INFLAM	Olive Leaf Extract Garlic capsules Echinacea Zinc Iodine Colostrum Mushrooms - reishi, maitake, shitake Coloidal silver PB -ImmuneGuard and Attack (goldenseal) BIOC - Armaforce MG - Andro NK LDN (low dose naltrexone) - *need a script
Adrenal Support	Isocort		MG - Adrenotone PB - ADR Dr Ronn's - adrenal capsules (with cortex and liver) <u>Adaptogens</u> include Ginseng (Siberian and Korean), Ashwagandra and Rhodiola Rosea. <u>Other Adrenal Supportive Herbs:</u> liquorice root <u>Adrenal Precursors:</u> DHEA and/or pregnenolone
Thyroid Support			Iodine (excluding Hashimoto's) Kelp Tyrosine Zinc and selenium (support natural T4-T3 conversion)
GIT Support		Detox 2	BIOC - Intestamine Probiotics - e.g. BIOC Ultrabiotic 45 BIOC- SB Flora Activ Multigest Enzymes (hydrochloric acid) Slippery elm (if constipated)
Inflammatory Support			MG- Inflammoid (or anything containing curcumin) MG - Kaprex Licorice Root Turmeric / Curcumin White willow Proteolytic Enzymes - e.g. bromelain, protease, papin, rutin, amylase, lipase, serrzimes (rec. Vitalzyme - www.worldnutrition.com)
Sleep support	Dr Nicola Sleep Support		BIOC - restoracalm Magnesium valerian root Chamomile Lemon balm Passion flower 5HTP (supports serotonin) Melatonin (sleep inducing) L-Tryptophan (precursor to melatonin)
Energy Support	RN ATP Fuel		CoQ10 Ribose
Nutritional Support			Juice Plus
Viral infection Support		A-V	PB - ViralAid Olive Leaf extract Lauricidin
Neurological Support		NT-Detox	Any of the natural anti inflammatory supports St. John's wort Lemon balm

OTHER	Restormedicine & Research Nutritionals	Byron White	Other
Lymphatic Support		BT-Detox	
Alkalisng Support			Fresh wheatgrass, Spirulina (e.g. Good Green Stuff), Barley Greens
Mood Support			BIOC - restoracalm St. John's wort 5-HTP (supports serotonin) Tyrosine (used for thyorid but also good for the brain) BABA/L-theanine (good for anxiety)
Cognitive Support			Phosphatidylserine
Reproductive Hormonal Support			Chaste Tree (Vitex) to support menstrual cycle & decrease PMS Fertility Herbs: Shataran and false unicorn root from mediherb, maca Menopausal Herbs: Liquorice root, red clover and black cohosh (also good for bladder symptoms)
Heavy metal Detoxification			Binders = psyllium husks, flax seeds, apple pectin, chorella, activated charcoal Heavy Metal Chelators = DMSA, DMPS, EDTA, Cilantro, NDF, Zeolite HP Natural Heavy metal Binding Support: ALA, high dose vit C, glutathione
Other			Magnesium Organic Whey Protein powder (e.g. Isagenix) B Complex Omega 3 Calcium Zinc (pincollate if you have pyrole disroder) Vit D3 LDN (low dose naltrexone) - pain, inflammation, immune system

PB = Professional Botanicals brand

BIOC = Bioceuticals

MG = Metagenics

NM= Nutramedics

Supportive Therapies:

Natural health care = chiropractic, kinesiology, acupunctue, lymphatic massage, Rife therapy, life coaching, bowen therapy, physiotherapy, pilates. yoga, naturopathy, exercise physiology, nutrition,

EPC referrals - ask your doctor to get a referral for 5 free visits

Health Space Therapists:

	KX	MV	Roz	LC	Horn	BJ
Naturopaths	Claire Beasley					Angela Robards
Chiropractic - Kinesiologists	Nicholas Wood Nicola Jensen Tim Robbards	Kate Wood Katie Halakus Daniel Leggereit		Nicholas Miller	Debbie Miller Amanda Parke Nicola Jensen	
Chiropractic - Musculoskeletal & Neurology			Taylor Harrison Kelly Burns			

	KX	MV	Roz	LC	Horn	BJ
Holistic Kinesiologists		Jen Cudmore Elise Assim Erin Ricketts				
Acupuncturist & Herbalists	Jarad Bianchi	John Holmes, David Nelson	Maggie Godin Carissa Thomas Tom Crooks	Marina Rados	Sam Fitzgibbons Alysha Zhang	Maggie Godin Simone
Lymphatic Massage	Laura Newall Claire Beasley Michelle Vienna Hanna Svenson Mark Bray Germaine Yung	John Holmes Charlotte	Amy Houlton Martyna Fedyrk Erika Morvoya	Martyna Fedyrk	Alysha Zhang	Emmeric Israel Nicole
Reiki		Alina Martin Kuve Bradley				
Restorative Yoga		Available Sundays currently + private sessions can be booked				
Life Coaching	Michelle Vienna		Michelle Vienna			

Other Services Available:

Rife - Mark Padd - 0411 545 606