

## Helpful home tips to assist the healing process for Lyme Disease patients:

We 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 we 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 skin 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 its 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 its 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**

Lymies will often go through times where they don't sleep well, if at all. Sometimes this is intermittent and for some its 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 cant sleep then its 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 or 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 ling 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.