LYME DISEASE TREATMENT IN GERMANY

GERMAN SPECIALTY LYME CLINIC
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 is 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@klinik-st-georg.de
Website http://www.klinik-st-georg.de/en/

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 12 days. 6 days on, one day off and then 6 days on. You will arrive on a sunday and leave on a Saturday. So allow 2 weeks from start to finish.

How much does it cost?
12 000 euro

What do you get for 12 000 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

Are there any extra charges?
 Occasionally there will be a few extra charges but they will always be okayed with you first. Add 30 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 (usually hooked up to a machine or an IV). 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:

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.

Diet and Nutrition: Recommended is to follow = The Patient’s Detoxx Book - Patricia Kane - BodyBio - If you stick to a paleo like diet you can't 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 body 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 don't need to go hungry or eat plain foods. I have actually kept eating this way since recovering and love it!

Supplements: See table below:

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dose</th>
<th>Where to get it</th>
</tr>
</thead>
<tbody>
<tr>
<td>BodyBio - Phosphatidylcholine (PC): caps or liquid (detoxifier)</td>
<td>Caps: 6 caps 1x day building to 6 caps 2x day</td>
<td>order on amazon.com</td>
</tr>
<tr>
<td>*take on non PC IV days</td>
<td>Liquid: 1tsp 1x day building to 1tsp 2xday</td>
<td></td>
</tr>
<tr>
<td>Ortho Molecular - Cancidid Forte (anti fungal and great for GIT)</td>
<td>1 cap 3x day and work up to 2 caps 3x day</td>
<td>order on hhcherbs.com</td>
</tr>
<tr>
<td>Bioray - NDF (heavy metal chelator /detoxifier)</td>
<td>2 drops on empty stomach before breakfast working up to a full dropper</td>
<td>order on amazon.com</td>
</tr>
</tbody>
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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 don't 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 cannula 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 sterile 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

Infrared Sauna’s - To help you detox

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 2-6 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.

We 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) or fermented cod liver oil
- Magnesium (best in powder form and my favourite for taste, quality and price is bioceuticals ultramuscleze)
- Adrenal support (if indicated such as metagenics adrenotone)
- Enzymes (I swear by vitalzymeX [www.worldnutrition.info](http://www.worldnutrition.info) but they are expensive)
- Good liver support - (I take defecell by cell logic and seeking health liver formula)
- Fermented foods to heal your gut - e.g. sauerkraut, kefir, kombucha (they are easy to make yourself but you can order fermented foods from GPA Whole foods online and you can buy kombucha at Thomas Dux)

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!

If you wish to obtain more information about treatment in Germany or you wish to book in please contact Kylie [kylie@healthspaceclinics.com.au](mailto:kylie@healthspaceclinics.com.au).