

OVERVIEW OF TREATMENT OPTIONS FOR LYME DISEASE AND CO-INFECTIONS - Antibiotics, Herbal Supplements, Anti-microbials, Homeopathics

Never Self Diagnose or Self Treat

If there is one thing we can recommend it is to NEVER self diagnose (and yes that includes Dr. Google) and definitely do not self treat. We don't even recommend treating yourself if you are a doctor or health care practitioner as you need an objective person to measure your progress and who isn't attached to the symptoms and outcomes. Many of the treatments, supplements and advice we give here is to HELP you work with your primary care practitioner, NOT to encourage you to go out and buy them and start dosing yourself up. Many supplements / herbs / diets / drugs etc have research supporting them but please remember these are often tested in ISOLATION from other supplements / herbs / diets / drugs. So what may be harmless in isolation may be very dangerous when taken with something else (even if it is natural!) So make sure you are working with someone who has good nutritional and supplementation knowledge. Even better is working with a Lyme Literate Practitioner as they are going to know what things work best for Lyme, what order to implement them and what combinations are safe.

Click here for information and tabled summaries of treatment options for Lyme Disease and Co-infections

Overview of medications and Supplements for Lyme Disease

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	Amoxicillin for kids	Cats Claw (NM Samento) Japanese Knotweed Guaiacum

Overview of medications and Supplements for Opportunistic and Co-infections

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 Zenn's' 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-lycaine
Epstein Barr Virus		A-EB/H6		
CMV (cytomegalovirus)		A-CM		
Helicobactor Pylori		A-HP		

Overview of Supplements for Specific Systems affected directly and indirectly by Lyme Disease, Opportunistic and Co-infections

OTHER	Restormedicine & Research Nutritionals	Byron White	Other
Detox Support	Dr Nicola's smilax Detox Formula 1 or 2 Liposomal Glutathione Smilax	Detox 1 (whole body)	Vit C P2Detox Heel gallium 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, chlorella, activated charcoal
Immune Support	Dr Nicola Lyme Support Formula	A-INFLAM	Olive Leaf Extract Garlic capsules Echinacea Zinc Iodine Colostrum Mushrooms - reishi, maitake, shitake Colloidal 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> licorice 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, papain, rutin, amylase, lipase, serrazimes (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

OTHER	Restormedicine & Research Nutritionals	Byron White	Other
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
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 thyroid 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 <u>Fertility Herbs:</u> Shataran and false unicorn root from mediherb, maca <u>Menopausal Herbs:</u> Licorice root, red clover and black cohosh (also good for bladder symptoms)
Heavy metal Detoxification			<u>Binders</u> = psyllium husks, flax seeds, apple pectin, chlorella, activated charcoal <u>Heavy Metal Chelators</u> = DMSA, DMPS, EDTA, Cilantro, NDF, Zeolite HP <u>Natural Heavy metal Binding Support:</u> 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 disorder) Vit D3 LDN (low dose naltrexone) - pain, inflammation, immune system

PB = Professional Botanicals brand
 BIOC = Bioceuticals
 MG = Metagenics
 NM = Nutramedix (Cowden protocol)