# Kate Wood’s Lyme Journey

I was never sick or injured as a child. From the age of 10, I was the Australian 800m champion and was undefeated for many years.I left our rural property in the northwest of New South Wales (NSW) and went to boarding school when I was 13. While I continued to train and race, I put running on the back burner while I competed in other team sports at the state and national level.

I can now say that in 1996 my life changed forever. I went on a

school camp in northwest NSW for seven days. Eight days after I returned, I realised that the itchy lump on my back was neither a mole nor a pimple; it was a tick. The school nurse removed it, and I thought nothing more of it. I’m pretty sure I didn't get the characteristic erythema migrans (EM) rash that looks like a bullseye and indicates with 100% certainty that you have contracted Lyme disease, but not long after I had my first proper flu.My glands became sore and swollen and I became extremely fatigued. Tests showed that I had glandular fever and very low iron stores. I was prescribed an iron supplement and rest was ordered until I recovered.

I had qualified for an international athletic tour of the US later that year and didn't want to stop training, as I was really looking forward to traveling and competing again. I had a few weeks off and did the best I could with my training leading up to the trip. I ran well considering my lack of preparation and picked up a few medals but came back exhausted. At least I had the rest of the year off to recover.

I will never know if it was that tick in NSW that gave me Lyme disease or even if I picked up something while competing in the US. Either way, my health issues began with that tick bite. If only my doctors or I had known to test for Lyme disease back then, how different my life might have been. Having said that, I have no regrets. I have learned many valuable life lessons and have had many wonderful things come out of my Lyme disease journey.

I continued to train and compete but never at the same level as I had before the glandular fever diagnosis. The right gland in my neck never went down, and I often had a sore throat, dry cough and lost my voice. I would become easily fatigued, had headaches for the first time in my life and developed this weird rash on my hands and feet, that I was told was a fungal infection. Doctors said it was because I had gone through puberty and my body was different. As a teenager, it sounded logical to me.

At the end of 1997, I convinced my parents to let me leave boarding school and return home to train with my coach, Mr. Manning, while completing my year 11 and 12 studies at the local high school and via correspondence. I was so excited to have the opportunity to train like I used to and regain my national title, but it didn't go to plan. Even though I put hours of extra training and stretching in, fine-tuned my diet, started visualising and did more than I had ever done to get my health and fitness back, something just wasn’t quite right. It wasn't coming as easily as it had before. I was getting niggling injuries and often felt rundown and fluey. I blamed it on hormones and puberty, because now I was carrying a little more weight than I used to as a young girl.

I was picked for the 1998 Australia Oceania under-21 team and travelled to Tonga to compete. Although I came home with three silver medals, I was quietly disappointed, as the times I was running were equivalent to times I ran when I was 13 (and I was 17 at the time). After that trip my health declined and I started getting really bad cramping and stabbing pains in my calves. The more I ran, the worse the pain and cramping became. One day I was racing school cross country and my legs gave way on me; I couldn’t stand up or feel my feet. I had a stack of tests done which indicated that my iron levels were dangerously low and that I was extremely deficient in magnesium and potassium. I started supplementing with both iron and magnesium, and also ate three or four bananas a day as the doctor had instructed, but the pain persisted. I had been taking iron on-and-off for a couple of years, so some questions were raised as to why my iron stores were still so low. I missed winning the national 800m final that year by one-hundredth of a second and realised it had to be more than just a nutritional deficiency.

My mum and I travelled to Sydney during the school holidays to see all the top sports’ doctors, and it was then that I was diagnosed with compartment syndrome (where the fascia doesn't expand as the muscle does during exercise, limiting blood flow in and waste products out). The options were either surgery to slit the fascia or six months with no running and limited walking to see if the fascia would recover naturally. I chose the latter, throwing myself into weekly physiotherapy and acupuncture, and daily deep tissue massage and stretching to try to stretch the fascia. This meant driving to Dubbo, (3 hour round trip) once or twice a week for treatment, which my taxi driver mum did without the blink of an eye.

In April 1999 I did my first walk/jog session and slowly began to train again. My calves felt fine, but I just couldn't get fit. I could barely run the 2 km warm-up (even as a 10-year-old, I used to run 8-10 km with my eyes closed, and here I was nearly 18 barely able to jog 2km), and the more I trained, the more unfit I felt. I kept telling myself it was because I hadn't exercised for six months and my body was just really unfit. Then I started getting headaches, heart palpitations and severe chest pain. My short-term memory was affected, which really impacted my study for my Higher School Certificate (HSC), because by that time I was in my final year of school.

I felt sick, my glands were swollen and inflamed, I had a dry cough that wouldn't shift, and I’d often have a sore throat and lose my voice. I could barely get out of bed some days, let alone run. My mum took me to the local doctor who did an ECG. The result? The strongest, healthiest heart he had ever seen. My mum then took me to a cardiologist who gave me every test under the sun including an exercise ECG, angiogram and ultrasound. Everything was normal.

After multiple exams and tests by a plethora of doctors around the state, including a SPECT scan of my brain (by this stage, I was having excruciating headaches daily), many of the doctors I had seen decided that it was all in my head, and I should be prescribed antidepressants. My parents and I were exhausted and were still none the wiser as to what was wrong with me. Even I began to wonder if it was all in my head. My poor parents were beside themselves and thought that maybe I should try to take the antidepressants to see if that helped. I had rarely even taken basic over-the-counter pain medications except for Panadol®, so I wasn't about to start taking some psychotropic drug; deep down I knew it wasn't in my head.

Besides my parents, I was lucky that at least one other person truly believed I wasn't faking it or creating it in my head, and that was my coach, Mr. Manning. He found a biochemist and suggested that my mum take me to see him. By this stage I was sleeping up to 18 hours a day and was starting to get seriously depressed. I wondered if I would ever be well again. I felt helpless and hopeless and would often cry myself to sleep with my head under my pillow so as not to worry anyone.

The biochemist in Rutherford believed that I had picked up a parasite in Tonga because I had been much sicker after returning from there. He said my liver had a fatty buildup (possibly affected by the glandular fever) and that my ATP levels were affecting my energy levels (ATP stands for adenosine triphosphate, the biochemical way the body stores and uses energy for every cell in the body including your muscles). As a biochemist, he made all of his own supplements and medications, so to this day I still don’t know what he prescribed, but it worked! Initially, I became really sick and had a huge rash all over my body. He said it was my liver detoxing and that I needed to have lots of water and veggie juices to support the detox pathway. Within eight days, the rash died down and my head cleared a little. Over the next few months, I went from strength to strength and had enough energy to return to school for the entire day and do some social activities. My right gland never went down and to this day, if it gets sore, it is a warning for me to slow down. My short-term memory has also never been the same, but I learned ways around it by writing things down and getting good at using diaries and reminders.

Note: The biochemist who helped me is now in jail for fraud because he claimed that he could cure cancer and one of his patients died. Although I’m sure his claims were not communicated well at his trial, I know his intentions were sound, and I truly believe that he saved my life at the time.

In 1998 I finished my final exams and slowly started back into my athletic training. I received a scholarship from the Australian College of Physical Education at Homebush Bay to study Sports Science and moved to Sydney in early 2000 to pursue my beloved athletic career while also getting an education. Over the next few years, I worked my way back and was ranked #3 in Australia in the 800m event, but my body was never the same. I had many injuries that kept setting me back, I would often get sick in my easy training week, and I would always struggle to run well if I had to travel. I had blood tests every 4 to 6 weeks to monitor my low iron levels, and I also had many other tests, such as stool tests, gastroscopes, a colonoscopy and other blood tests, to determine why my body was either losing iron or not absorbing it. Once again, many doctors were involved and no one could work it out, so they decided low iron was “normal” for me!

In 2006 I broke the navicular bone in my foot in a race after a stress fracture was misdiagnosed. I was absolutely devastated, as I was in contention to earn a spot on the Melbourne Commonwealth Games’ Team. I was told I would never run again if I didn't have an operation to put a screw in the bone. Whether I had the operation or not, I wasn't going to recover in time for the Commonwealth Games, so once again I opted for the natural route. That meant having my foot in a cast and then a boot for three months, followed by another three months of daily rehabilitation.

By this time I had graduated from Sports Science from ACPE and was studying chiropractic part-time. I decided to study chiropractic full-time so I could rehab my foot properly and also earn my Master’s of Chiropractic so I could always pursue an exciting career of helping others once I had finished competing. After finishing my Master’s of Chiropractic, getting a job, meeting the man of my dreams and starting Health Space with my now husband, I never did go back to racing.

Fast forward to 2012…Both my husband and I were bitten by a tick in February. Once again, we didn't think anything of it after removing it.In April we did a whirlwind trip to Las Vegas and Los Angeles, and I returned feeling a little tired. Because we were planning to start a family at the end of that year, I researched and found a good holistic doctor. I thought I should get some blood tests, have my iron levels checked and make sure I was ovulating, all while doing a six-month preconception detox. I hadn't been to a doctor since I had retired from athletics in 2006, so it was time!

After what I thought would be some routine blood tests to give me the green light, my second visit to the doctor was both surprising and scary. My white cell count was dangerously low, my liver enzymes were through the roof and there was likely something seriously wrong with me. Differential diagnoses that needed to be ruled out included cancer, leukaemia, Lyme disease and HIV, to name a few. From the start, my doctor, Dr. Kate Norris, thought that I had Lyme disease, and it was really only because she was so thorough and dedicated that I was diagnosed with Lyme five months later.

At first I was in denial. I had researched medical sites but the symptoms and diagnosis didn't exactly fit. As more tests came back positive, such as Mycoplasma pneumonia (which explained all the sore throat and dry cough symptoms I had had over the years), EBV (Epstein-Barr virus, which causes glandular fever), HSV1 (herpes simplex virus), a strong case was building up. All the Australian testing came back negative for Lyme disease, so I thought I was in the clear and went on a holiday to Europe for the month of July. While I was traveling, I realised something was really wrong. I was so fatigued that I had to have a sleep every day, my hair was falling out, any scratch or sore I had would take ages to stop bleeding and heal, I became extremely constipated and I had all these sores on my skin that just wouldn't heal. Once I arrived back home, I met with Dr. Norris. She convinced me to get a western blot test for Borrelia, which was sent to IgeneX Labs in California to test for Lyme disease. Five weeks later the results came back. They were positive for Lyme disease.

I struggled to come to terms with the treatment recommended: three different types of antibiotics at very high doses, indefinitely. I reached out to many doctors, friends and health professionals for advice and came to the conclusion that if I didn't do the antibiotic regime along with all the natural options, I wouldn't get better. Once I made my decision I never looked back, and I have no regrets. I was committed to everything I put my mind to and had in my head that I would be better in 3 to 6 months maximum. I convinced myself that in the scheme of things, it wasn't such a long time, especially because I had been sick on-and-off since I was 16!

I cut all dairy, gluten, caffeine, processed foods and sugar from my diet, bought all certified organic produce, made sure all my home products (cleaning, cosmetics, etc.) were all certified organic and stopped aerobic exercise so I could give my adrenals a rest and allow my white cells a chance to recover. I took all the supplements that were recommended, started meditating every day and committed to treatments such as Rife, acupuncture, Reiki, kinesiology, lymphatic massage and, of course, chiropractic. Sometimes I would drive hours each day just to get these treatments. I was blessed to have so many colleagues, friends and clients to help me, and it was rare that I paid for a treatment, for which I was extremely grateful.

Six months later I was so much worse. I was blacking out, extremely fatigued, had severe headaches and jaw pain, my eyesight had diminished to a blur, my hearing was super sensitive (to the point that even the hum of a dryer could drive me crazy), I had a rash all over my fingers and toes that would burn like my hands were being held in a fire, and my short-term memory and brain fog were so bad that I couldn't remember a simple word like honey or even my close friends’ last names. I was stressed and depressed and began to give up hope of ever getting better.

I had a consultation with Dr. Nicola McFadzean who recommended that I focus on the treatment for Babesia, as she believed that I had 90%+ of the symptoms. I also started looking into other treatment options and came across a clinic in Bali, which I had decided I wanted to go to. Then a friend of a friend suggested Germany, as there was a well-established clinic in Bad Aibling that was getting great results with Lyme disease patients. I spoke to both clinics and realised that I needed to detox before I could do either program. The next day I woke up and decided that I had given antibiotics a good go and was done. That was it—no more antibiotics as of March 2013! The other thing that made a huge difference was getting a root canal tooth removed, as I believed it was harbouring infection.

I chose to go to the St. Georg Klinik (SGK) in Bad Aibling, Germany. In hindsight, I wished I had gone as soon as I was diagnosed. I truly believe that this is what helped me turn the corner to full health again. There is more information about this clinic later in this book and on our Health Space website: www.healthspaceclinics.com.au/service/lyme-disease-consulting.

While writing the end section of my book, I received the all-clear from my doctor that not only was I physically better, but all my blood tests and functional tests were in the normal range. This was an 11-month journey post-Germany. After I left the German clinic, I worked very closely with my doctors (Dr. Kate Norris and my naturopath, Kelly Galvin) doing in-depth functional and gene testing, and using nutritional changes and supplements to ensure every system of my body was functioning optimally.

The most exciting news came in May 2014. My husband and I decided to start trying for the family we had longed for, and I fell pregnant on the very first try! Not only that, but the pregnancy was a breeze—no nausea, no sickness and not even a hint of tiredness. All I can say is that my healthy pregnancy was a great sign that my body was functioning optimally.

On February 17th at 7:19am, my life changed forever with the birth of our son, Maxim Cruz McMaster Wood. It was not the serene home water birth we had planned, but the end result was the same—a beautiful, healthy baby boy. All the heartache and suffering from Lyme disease (and labour!) were worth it to have this beautiful little miracle in my arms. The baby I had longed for and at many times in my life thought may never happen was finally here. He is such a miracle, and every single day I am grateful to have him ground me and make me fully understand the beauty of life. I am so thankful that I didn't give up on life when it would have been so easy to.

On June 11th 2017 another miracle arrived, our Mimi Rose. In a serene home birth that was as enjoyable as it was empowering, I birthed my little princess in just an hour and forty seven minutes. I finally understood the need to surrender and how by doing so you actually feel free. My life lessons continue and none more so than by being a parent.

I tell you my story not because it is so different from many other Lyme disease sufferers, but because I want to inspire you to listen to your heart and know that there is life after Lyme disease. It is my hope that I can be the one person who makes a difference for you by providing up-to-date and specific information about Lyme disease and its treatment options, so you can get back to being the best version of yourself, just like I am. Take it one step at a time, and remember that you are not alone.

All the different treatments I did are outlined in detail in my

book, including details about the SGK in Germany.

B.

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@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 organsing 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 Detoxx 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 bosy 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)

\*take on non PC IV days

Caps: 6 caps 1x day building to 6 caps 2x day

Liquid: 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)

\*optional (i loved this supplement so highly recommend it)

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 gluatathione 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 acnnula 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. Thats 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 will 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, spirilina, 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 Lymies. You can also down load 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 Lymie’s a complimentary 2 week class pass to try our classes for free.

7. Far Infrared Sauna

Far infrared Sauna’s 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 know 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 sauna’s 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.

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.worldnutririon.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 consulation 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

Otoba 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 artimesinin

A-BAB

Malarone + Plaquneil +/- 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 - Cancidid 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

Binders = 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) Adaptogens include Ginseng ( Siberian and Korean), Ashwagandra and Rhodiola Rosea.

Other Adrenal Supportive Herbs: liquorice root Adrenal Precursors: 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- Inflavinoid (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 seratonin)

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

Alkalising Support

Fresh wheatgrass, Spirilina (e.g. Good Green Stuff), Barley Greens

Mood Support

BIOC - restoracalm

St. John’s wort

5-HTP (supports seratonin)

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, acupuncture, 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

Holisitic 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 Vianna

Other Services Available:

Rife - Mark Padd - 0411 545 606