

# Could I Have Lyme Disease?

**Startling evidence that you and your family should know as this devastating illness soars out of control.**

**Jenna S. Smith**

# Could I have Lyme Disease?

*By Jenna Smith*

As Lyme disease continues to spread across the country, a mass of misinformation and conflicting information floods the internet and traditional media outlets creating more and more confusion.

Chances are that if you have heard anything about Lyme disease, it had to do with the danger facing our canine and equine friends, or the affliction facing people who live in New York or Connecticut.

Worse, if you think like I did, you guessed that there was certainly a cure for Lyme disease by now, so there was nothing to worry about. Besides, it could never happen to me!

Well, it did happen to me! And I am determined to help as many people avoid Lyme disease as possible, especially those with responsibilities for others. When you are sick with Lyme disease, you can barely take care of yourself.

## **Here are some facts that you may or may not know:**

- ❖ Lyme disease is carried by more species of ticks than first believed, and the number of confirmed new Lyme carrying ticks continues to grow.
- ❖ Lyme disease has been diagnosed in all 50 states.
- ❖ There are *over a dozen other diseases that ticks carry*, and these “co-infections” complicate the diagnosis and treatment of traditional Lyme disease.
- ❖ Lyme is carried by other animals besides deer – some of which may live in your home. The white-footed mouse is a primary carrier, but it is believed that virtually any mouse exposed to the Lyme bacteria will become a carrier. They will also quite happily bring tick larvae into their nest which could be in your basement.
- ❖ Lyme disease is also carried by mosquitoes, fleas, and biting flies.
- ❖ Lyme bacteria has been observed entering the central nervous system in laboratory animals within 24 hours.

## **You are at risk if:**

- ❖ You live in an area with a native deer population.
- ❖ You have mice in your basement.
- ❖ You spend time outdoors: gardening, hiking, mountain-biking, hunting, field trials, trail riding or any pursuit that takes you into fields where deer graze or into woods where deer live.

## **You can be positively sure that you have Lyme disease ONLY if:**

- ❖ You find a deer tick attached to you, and the tick is found to be infected.
- ❖ You discover a “bulls-eye rash” of any size, accompanied with flu-like symptoms.

## **You can suspect the \*likelihood of Lyme disease if:**

- ❖ You have moderate to severe pain that appears and disappears within weeks or months with no apparent cause.
- ❖ You have moderate to severe pain that moves around your body that appears and disappears with no apparent cause.
- ❖ You have flu symptoms that come and go in the spring, summer or fall.
- ❖ You have symptoms (from the following list) in three or more bodily systems.

## **Symptoms of Lyme disease**

### **The Tick Bite**

1. Tick bite
2. Rash and/or soreness at site of bite
3. Rashes on other parts of your body
4. Small or large rash basically circular and spreading out from bite
5. Raised rash, disappearing and returning

### **Head, Face, Neck**

6. Unexplained hair loss
7. Headache, mild or severe
8. Twitching of facial or other muscles
9. Facial paralysis (Bell’s palsy)
10. Tingling of nose or cheek, on face
11. Stiff or painful neck, creaks and cracks
12. Jaw pain or stiffness
13. Sore throat

**Eyes/ Vision**

14. Double or blurry vision
15. Increased floating spots
16. Pain in eyes, or swelling around eyes
17. Oversensitivity to light
18. Flashing lights
19. Watery or gooey liquid in eyes

**Ears/Hearing**

20. Decreased hearing in one or both ears
21. Buzzing in ears
22. Pain in ears, oversensitivity to sound
23. Ringing in one or both ears

**Digestive and Excretory Systems**

24. Diarrhea
25. Constipation
26. Irritable bladder (trouble starting, stopping)
27. Upset stomach (nausea or pain)

**Musculoskeletal System**

28. Joint pain or swelling
29. Stiffness of joints, back, neck
30. Muscle pain or cramps

**Respiratory and Circulatory Systems**

31. Shortness of breath, cough
32. Chest pain or rib soreness
33. Night sweats or unexplained chills
34. Heart palpitations or extra beats
35. Heart blockage

## **Neurological System**

36. Tremors or unexplained shaking
37. Burning or stabbing sensations in the body
38. Weakness or partial paralysis Pressure in head
39. Numbness in body, tingling, pinpricks
40. Poor balance, dizziness, difficulty walking
41. Increased motion sickness
42. Lightheadedness, wooziness
43. Pressure in head
44. Mood swings, irritability
45. Unusual depression
46. Disorientation (getting or feeling lost)
47. Feeling as if you are losing your mind
48. Overemotional reactions, crying easily
49. Too much sleep or insomnia
50. Difficulty falling or staying asleep

## **Mental Capacity**

51. Memory loss (short or long term)
52. Confusion, difficulty in thinking
53. Difficulty with concentration or reading
54. Going to the wrong place
55. Speech difficulty (slurred or slow)
56. Stammering speech
57. Forgetting how to perform simple tasks

## **Reproduction and Sexuality**

58. Loss of sex drive
59. Sexual dysfunction
60. Testicular or pelvic pain
- Females only:
61. Unexplained menstrual pain, irregularity
62. Unexplained breast pain, discharge

## General Well Being

63. Unexplained weight gain or loss
64. Extreme fatigue
65. Swollen glands
66. Unexplained fevers (high- or low-grade)
67. Continual infections (sinus, kidney, eye, etc.)
68. Symptoms seem to change, come and go
69. Pain migrates (moves) to different body parts
70. Early on, experienced a flu-like illness, after which you have not since felt well.

If you have symptoms in three or more of the bodily systems listed, you must face the fact that your body could be waging war with the tricky bacteria known as Lyme disease.

### **Don't despair!**

I vividly remember the first time I read this list with a slowly sinking heart, checking off 42 of the 70 symptoms. But I also felt a tiny spark of hope. After years of having inconclusive medical tests and invasive surgeries without any clear diagnosis, perhaps now I could target and eliminate the destructive bacteria that had invaded my body.

You can too!

Even without a diagnosis, you can proactively assist your body's immune system by eating the right foods and taking the correct supplements to effectively destroy any bacteria including Lyme disease.

You have a "Miracle Body" and it is designed for health. Unfortunately, fast food, junk food, toxic produce and sodium chloride have destroyed the healthy foundation of our natural state and created a nation of obese and disease-ridden bodies.

It is important to note that you can be infected for years without becoming disabled due to the morphologic nature of the bacteria. In other words, the disease can lie dormant in your body for months or years, taking over when you are worn down physically, or when your immune system is suddenly ( or gradually) compromised.

With that being said, **there is no accurate test available for Lyme disease** and the guidelines set up by the Center for Disease Control state emphatically that Lyme disease must be diagnosed “clinically” (which means by your symptoms) with additional testing used to support a diagnosis.

It is also important to know that Lyme disease is considered “The Great Imitator” and can mimic many other serious diseases. It is crucial to your well-being to be completely examined by your primary care physician to make sure that there isn’t something other than Lyme disease causing your illness. See [www.LymeDiseaseResource.com/Diagnosis.html](http://www.LymeDiseaseResource.com/Diagnosis.html) for more information.

## **Your Health is Your Responsibility**

Somehow, with all the money we spend on insurance, doctors, specialists, health supplements and careful nutrition, we feel that our health is safe, and that the slightest problem will be noticed and taken care of in short order.

This idea couldn’t be further from the truth.

A doctor can only diagnose what he’s been told, verified and understood.

Today there are literally thousands of new germs. Bacteria morphing into antibiotic-resistant strains and spreading through the unhealthy environment that has been slowly overtaking the land.

Researchers can’t keep up, and certainly doctors can’t.

It is ever-more imperative that each of us takes responsibility to understand our bodies and what makes them tick.

We need to be vigilante to every ache and pain. Instead of saying to yourself, “Stop complaining and try harder!”

You need to listen to your body, and find out why it hurts.

If you feel tired, you need to rest.

If you feel hungry, you need to eat.

If something hurts, you need to find out why.

If you suspect you may have Lyme disease, find a Lyme-literate doctor and while you are waiting for your appointment, learn as much as you can about it.

There are many highly recommended books on Lyme disease at [www.LymeDiseaseResource.com](http://www.LymeDiseaseResource.com). There are also many therapeutic products that can be utilized in addition to antibiotics. Discuss all supplements and herbs with your doctor before you try them.

If you are diagnosed with Lyme disease, join an online support forum (you will find links to the best ones at [www.LymeDiseaseResource.com](http://www.LymeDiseaseResource.com)). The best support you can find will be from people who have experienced many of the same symptoms that you are struggling with.

Finally, cherish your health and treat your body like the miracle that it is.

**\*\*Disclaimer:** The author of this article is a researcher and writer, NOT a medical professional.

For help with other health goals go to [www.Miracle-Body.com](http://www.Miracle-Body.com) or [www.Vitamin-Pak.com](http://www.Vitamin-Pak.com).