

Lyme Disease
Combat I

Salt and Apples Treatment



THE CHRONIC LYME DISEASE SERIES

Jenna S. Smith

Lyme Combat I: Salt and Apples

*"There are only two ways to live your life.
One, is as though there are no miracles.
The other is as though everything is a miracle."*

Albert Einstein

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Introduction

This book has been written for people like me who have chronic Lyme disease.

Whether you are at the beginning of your healing journey, or many years into the struggle, you are here now, reading this book for a reason.

You are hoping for a cure. You are desperate to feel better. And you are curious...

Well, I can tell you that many people swear that the Salt/C protocol has conquered Lyme and given them back their life – if not completely, at least 90% to 98% better. That sounds heavenly to someone who struggles to survive at a bare 20% - 30% of prior health.

We want our lives back. We want to laugh, dance and sing. We want to feel joy, not a fleeting glimmer of joy but an all encompassing joy that lasts through a whole day or perhaps even a week!

This book will help you.

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You have probably heard about the Salt/C Protocol, but if you haven't, I will tell you that this combat method is based on that protocol (with some changes that I found necessary for my sensitive stomach.)

The idea, very simply, is that mega-doses of salt kill bacteria, and that Vitamin C boosts the body's immune system.

Before we get into the specifics of the ***"Salt and Apples"*** protocol, let's look at the bigger picture of how our bodies function under attack.

Chapter One – Protection

Before we can begin our treatment, we need to protect our core.

Just like a soldier wears armor to protect his body so that he can effectively fight the enemy, we need armor – not for the disease – we have already been invaded.

No, we need to protect ourselves from cortisol.

Stress causes our body to create a chemical called “cortisol” which is one of the hormones associated with waking and sleeping.

In a healthy person, levels of cortisol naturally fluctuate during the day; highest in the morning and lowest at night. Higher levels of cortisol in the morning help us wake up, so cortisol can be very helpful.

However, when chronic stress stimulates cortisol production on a regular basis, the daily cycle of cortisol levels is disrupted, and high levels of cortisol begin to occur at night resulting in insomnia.

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Pain is another culprit. A natural reaction of the body in pain is to produce cortisol to help us sustain our energy levels to function in spite of the pain. Pain also keeps us from getting to sleep and/or wakes us from whatever sleep we can manage.

This intensifies our insomnia.

Insomnia causes more fatigue, and adds to existing stress leeching away any remnants of energy causing a miserable cycle, and leading to further stress and pain which ultimately keeps us from achieving our healing goals.

In a normal person this stress/fatigue/pressure/busy schedule combination leads to a laundry list of health problems. But for those of us with Lyme disease, cortisol is a poison, destroying what little energy is left in our diseased bodies.

We need to recognize, and aggressively remove, each and every situation that stimulates cortisol production. We need to ask those who live with us to help. It might mean staying away from news on the TV, loud noises, difficult relationships, or changing stressful employment.

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Before we can begin a meaningful battle and destroy the bacteria in our bodies, we need to structure our lives in such a way that puts us in the best position to win back our health.

How do we eliminate stress?

Chapter Two - Three Steps to Eliminate Stress

These are some practical measures that you can integrate into your healing protocol that will help to eliminate stress.

Step One: Detoxify.

The first step to protect your body from disease and reduce stress is to rid the body of toxins and pollutants.

There are several methods for detoxification. We each need to find *realistically* what works best with our budget and schedule.

The very best method for detoxification is a [FAR Infrared Sauna](#). It is the only tool that eliminates heavy metals from the body such as mercury, but it also eliminates every other kind of toxin too.

In addition to environmental toxins and poison we ingest through our western diet, those of us with Lyme have neuro-toxins to contend with as well; microscopic toxins that are expelled from the dying bacteria which cause symptoms to worsen (see Appendix – The Herxheimer).

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There are numerous detoxification supplements to take that help us clean our digestive tracts. Even healthy people use detoxification supplements to maintain health.

I recommend [Detoxification Formula](#) because of the multi-tasking it performs. In addition to cleansing the intestines with fiber, it has powerful herbs that support the liver.

Another detoxification product that has been used for centuries in china are foot patches (or soaks). The ingredients soak toxins out of your feet leaving the water or patches black with toxic waste. There are several brands but I use [Detoxion Foot Patches](#).

Enemas and colonics are used by some but you must be careful because many products are too harsh. I recommend a coffee enema to rid the body of toxic waste but also to purge the bile duct. Doctors theorize that sludge can back up and even block the bile duct where spirochetes can hide from antibiotics. (See Appendix - Recipe for coffee enema.)

Step Two: Environment

The twenty-first century provides ceaseless stressors from the first moment of waking to the last thoughts before sleep. Lyme disease makes us especially vulnerable to stress, but how do we evade stress in the environment?

Some of us are able to continue working through recovery while others (like me) are unable to work. Regardless of our schedules, we need to make time to relax and visualize our healing.

There are many theories and practices for meditation, and each of us must find the method with which we are comfortable. There are so many things we cannot control with Lyme (Neuro-Lyme is even worse.) So it is critical that we utilize some form of meditation to protect us from environmental stress and to provide a safe and quiet space (even if it is just in our mind) to pursue recovery.

We need to take responsibility for our environment and safeguard our emotions, as much as we can, and with whatever tools we have.

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Creating a relaxing environment may include reading special books of encouragement and inspiration, music or visualization techniques to listen to, lighting candle or incense...whatever causes relaxation.

Turn off the TV if the news upsets you. Don't return a person's phone call if you know it will cause emotional distress. Fight for your serenity and enjoy the peace. Don't feel guilty if you're not strong enough to handle a friend's problems. There will be another time when you can help. Not now.

Humans are fragile creatures, and those of us with Lyme disease are disabled emotionally. Instead of feeling weighed down by the inevitable crises of life, utilize meditation to release tension, and picture yourself in a calm and happy healing place.

Read more about natural anti-anxiety supplements that greatly assist the body in reducing stress and anxiety.

Step 3: Breathe.

The third tool for shielding ourselves from stress is deep breathing.

Our bodies were created with a sophisticated system for delivering vital oxygen to our blood. Stress, bad posture and ignorance all contribute to the universal problem of shallow breathing, holding the breath unintentionally and overall breathing problems.

Pain causes us to hold our breath too. Just when we need oxygen most, we stiffen, afraid that even a small breath will intensify the pain.

Lyme hates oxygen. So the more deeply we breathe, the better chance we give our immune system to beat back the disease, and the more protected we are from the damaging effects of stress.

Chapter Three – Salt and Apples Protocol

The original Salt/Vitamin C protocol was developed by a group of long-time Lyme sufferers, and has been used by many to achieve great improvement.

The authors of the original Salt/C protocol and many others testify to 98% functionality as a result of this simple and inexpensive cure. Those who don't improve on the salt/C protocol have apparently not given it long enough to work (according to the authors of the protocol.)

Photos, research, testimonies and specific instructions can be found at [Lymephotos](#) and [Lymestrategies](#).

The original protocol uses mega doses of Vitamin C and pure sodium chloride tablets to build the immune system and kill bacteria, a one-two punch designed to assist the body's natural defense system.

I tried this protocol as soon as I learned about it but immediately ran into problems

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- Mega-doses of Vitamin C tore up the lining of my stomach and caused diarrhea.
- Pure sodium chloride caused major bloating which aggravated my joint pain. Also, I was uncomfortable taking mega-doses of toxic sodium chloride.

A search for ***an easier, natural and organic alternative*** led me to the following new protocol.

This protocol is easier to maintain because there are less pills.

This protocol is all-natural and organic instead of chemical compounds. I have found that the therapeutic substitutions are far less likely to have any side effects.

Many people have gastric problems taking mega doses of Vitamin C (nausea, belly-ache, cramps and diarrhea) and using sodium chloride can cause even more dangerous side effects such as high blood pressure, bloating and swelling. The following two chapters describe the ingredients in greater detail.

Note before you begin.

Please make sure you have something in your stomach before taking any supplements in the morning unless your doctor specifies otherwise. I have a very sensitive stomach, yet this protocol never once made me even slightly uncomfortable. The salt and polyphenols are safe to take with any medications or supplements, however eating something first will help absorb the supplements better and protect your stomach lining.

[Apple Polyphenols](#) are 18 times more powerful than Vitamin C as an anti-oxidant, and have many other health benefits in addition to Vitamin C.

And [Himalayan Salt Capsules](#) has 84 essential minerals and trace elements that are required for your body to maintain the exact ratio required for optimum health.

The Salt and Apple Protocol for adults:

It is critical to begin this protocol slowly.

Start with **one capsule** of each in the AM, and then add a dose in the PM for the next week.

Week 3 you begin taking **two capsules** of each in the AM while staying with one of each in the PM. Increase the PM dose to two capsules for Week 4.

Week 5 add a third capsule of salt to the AM dose only, and Week 6 add a third capsule of salt to the PM dose which is the dose you will stay on.

For children cut the dose in half and for people over 200 pounds add 2 capsules of salt to the dose each day.

What to expect:

You will experience a Herxheimer reaction every month when the bacteria morphs into spirochete form to reproduce, and begin to die. This occurs every three to four weeks.

Some “herxes” will be more intense than others, and not in any order. You might imagine that they should get easier over time but that is not how it works.

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We don't know why, but the important thing is to be prepared for intense "herxes" at any time throughout your recovery.

Many people quit due to the monthly "herxes", but this is actually a good sign that means you are still killing spirochetes.

The longer you have been infected with Lyme disease, the longer it will take to recover. It is important to keep your emotions as positive as possible, and be prepared for a long battle.

Many ask when you should stop. I think the answer is different for everyone, but for me, I will stay on the protocol until a foolproof vaccine is found - and perhaps even afterwards.

As you read about the ingredients in the next two chapters you will understand why.

Chapter Four - The Miracle Salt of the Himalayas

The original Salt/C Protocol uses sodium chloride tablets which are essentially like a regular table salt being compressed into a tablet form. Here is a little bit of information about salt that you may not know.

Most people think of salt as being “bad”. It causes high blood-pressure and a long list of other health complications, from bloating to heart disease. The salt on most every American table is actually a result of industrial production.

About 93 percent of salt production worldwide is used directly for industrial purposes. It is an essential ingredient to make many detergents, varnishes, plastics and other products.

For these industrial uses, chemical processes require pure sodium chloride. To obtain sodium chloride, all the essential minerals and trace elements are removed from natural salt and discarded as impurities.

The remaining sodium chloride is used to preserve foods inexpensively, which is why so many ready-to-eat food products are heavily "salted" with sodium

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chloride. The sodium chloride inhibits the natural breakdown of the food, increasing its shelf-life.

Without it, foods would naturally spoil very quickly. Since foods break down in our bodies with the same processes nature uses to break down foods outside of our bodies, sodium chloride in food products also makes them more difficult to digest.

Sodium chloride is fine for factories, but it doesn't belong in our bodies! It is an unnatural, isolated substance that is nothing like the living salt found in nature.

Because our bodies need natural salt, when we eat less than 0.007 ounces of natural salt per day, a salt craving kicks in. When we eat sodium chloride, it contains none of the nutrients our bodies need. Craving the nutrients found in natural salt, we eat more and more sodium chloride and set up a vicious cycle that produces more and more cravings.

Whether or not we are aware of the dangers of sodium chloride, our bodies recognize sodium chloride as an unnatural substance, a poison, and try to eliminate it as quickly as possible. The problem is that we eat more salt than our

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bodies can process out. Here in the United States, our average daily consumption of table salt is between 0.4 ounces and 0.7 ounces. Our bodies are only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex.

Our bodies then try to neutralize whatever sodium chloride is left in the body by surrounding it with water molecules in order to break it down into sodium and chloride.

For this process, our bodies take water from our cells. Without water, our body cells die. The result is edema, excess fluid in the body tissue. This is why doctors tell us to avoid salt.

If there is more sodium chloride in a body than it can neutralize by pulling water out of cells, the body get rids of the excess sodium chloride by binding it with uric acid to form new crystals. These crystals are deposited directly into the bones and joints, producing arthritis, gout, kidney stones and gall bladder stones.

As far as table salts go, sea salt is generally thought of as a healthy alternative. At one time it certainly was - free from contaminates and unrefined.

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However, now the oceans are being used as a giant cesspool full of toxic poisons such as mercury, PCBs and dioxin. Between oil spills and gas leaks, the ocean becomes more contaminated every year.

Additionally, most sea salt has become refined like table salt, losing all of the structural benefits it might have had at one time.

However, there is a wonderful sea salt that has been protected from the environmental toxins. It is called [Himalayan Crystal Salt](#). It is not just a table salt substitute either. It is a vital health supplement.

Himalayan crystal salt is over 200 million years old and has been protected by Mother Earth, deep in the ground. It is best known by the “Hunzas”, a legendary group of people from Northern Pakistan. The Hunzas are some of the most long-lived, disease-free people on the planet, with a significant number living well up to 135 years!

The Hunzas drink 30 cups of tea daily, in which they place a chunk of crystallized rock salt. It is believed that their health is derived from the massive amounts of minerals contained in the salt they ingest (their water supply is also filtered naturally through the great salt deposits).

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Himalayan crystal salt is the purest salt available and due to its composition, it is easily absorbed into the body. Some of Himalayan crystal salt's benefits are as follows:

- regulates the water content throughout your body
- normalizes blood-pressure (raising low pressure and reducing high pressure)
- balances excess acidity from your cells, particularly brain cells
- balances your blood sugar levels
- helps reduce the rate at which you age
- generates hydroelectric energy in your cells
- helps with food absorption in your intestinal tract
- regulates your sleep – it's a natural hypnotic (body rhythm modulator)
- helps clear mucus and phlegm from your lungs
- acts as a strong antihistamine and helps clear up sinus congestion
- helps prevent muscle cramps
- helps prevent osteoporosis by firming bone structure
- maintains libido
- prevents varicose and spider veins on your legs and thighs

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- stabilizes irregular heartbeats
- destroys a wide range of potentially harmful microbes, bacteria, protozoan, and parasites

It is well known among holistic practitioners that while vitamins can be easily supplied via supplements and a natural whole-food diet, mineral deficiencies are common, even among people on high quality diets.

Mineral depletion of our top soil and the hybridization of our plant foods cause commercial produce to be extremely low in minerals.

Because natural salt provides all the elements the body needs, the body no longer craves salt. Then the natural balance of salt intake and elimination is re-established. Also all the health problems caused by excessive intake of sodium chloride disappear.

In the kitchen, you can enjoy the enhanced flavor of foods with salt that will add to your good health, naturally.

Of the 84 elements found in the human body, 72 are believed to be essential ingredients of a healthy diet. Himalayan crystal salt contains all of these essential ingredients.

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So in addition to killing Lyme bacteria, the salt in our blood kills any parasite or organism that doesn't belong, and creates a hostile environment in which bacteria will not take hold or begin to thrive (if we are once again bitten by a disease carrying insect.)

Chapter Five – Apple Polyphenols

The importance of Vitamin C in the original Salt/C protocol has solid merit when you study general health benefits of Vitamin C. However, most Vitamin C you find at health food stores is synthetic and does not offer the stated health benefits that one would expect.

Ascorbic acid (the synthetic form of Vitamin C) is not a natural source of Vitamin C. In fact a study conducted by the Canadian Medical Association showed that ingesting ascorbic acid increased the risk of heart disease.

There are other natural sources of Vitamin C, but when I learned about the health benefits of [apple polyphenols](#), I could immediately see the superior function as antioxidant and for supporting the immune system.

There is a large body of research on the health benefits of polyphenols (generally derived from red wine, green tea, black tea, fruits and vegetables), which attribute health benefits in the prevention of:

- ❖ cardiovascular diseases

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- ❖ cancers
- ❖ osteoporosis
- ❖ neurodegenerative disease
- ❖ diabetes

Polyphenols have also been known to remove oxygen free-radicals in the body, a substance that may cause cancer and accelerate the process of aging.

In addition, it was recently discovered that [Apple Polyphenols](#) had a significant effect on muscle strength and reduction of organ fat. They have also been found to boost the immune system and measurably extend life span.

[Apple Polyphenols](#) are made with immature green apples (which are 10 times more potent than mature fruit), and derived exclusively from the peels which are the richest source of phyto-nutrients.

For the purpose of the “**Salt and Apples**” Protocol,
<http://tinyurl.com/applepolyMB> are **18 times more potent than Vitamin C**.

In addition to offering superior anti-oxidant protection, [Apple Polyphenols](#) deliver a powerful protection against cardiovascular diseases, and appear to play a role in the prevention of other degenerative diseases including cancer. As

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cardiovascular complications are one of the main causes of death with Lyme disease, [Apple Polyphenols](#) appear to offer much more than Vitamin C.

In the last few months of 2008, there have been some significant grants and research projects begun that look into the emerging evidence that [Apple Polyphenols](#) not only assist the body in fighting infectious diseases and harmful inflammation, but have the potential to improve human memory and neuro-cognitive performance. In fact, The University of Reading in the UK is examining the role of [Apple Polyphenols](#) in actually stimulating neuronal regeneration!

This could be a wonderful breakthrough for those who are suffering with massive neural damage from Lyme disease.

Finally, to top off the benefits of using this new protocol is that [Apple Polyphenols](#) are water soluble, where many Vitamin C tablets and most other polyphenols are not. This allows for the nutrients to be absorbed quickly and easily.

For the “***Salt and Apple Protocol,***” we get all of the benefits of Vitamin C with fewer capsules and less side effects.

Chapter Six – What Happens Now?

When you begin a new treatment for your Lyme disease, it is difficult to maintain patience. The ***“Salt and Apples”*** Protocol will not heal you in one week or even one month. It is imperative that you stay on the correct dose, doubling your dosage if you forget one, and keeping an eye on your supply so that you don’t run out of your capsules.

The healing process is long with many ups and downs. In fact I believe the days stretch out during recovery because we have to bear such physical pain, which is compounded by emotional pain when symptoms flare.

If you are suffering with Lyme disease you need to have as much information on healing protocols as possible. Like tools in a toolbox, different jobs require different tools.

Also, keep in mind:

Most Lyme-literate doctors believe that if a chronic patient doesn't respond to treatment that there is most likely a co-infection present which may mimic or complicate a Lyme infection.

So if you are discouraged because nothing has helped you towards recovery yet, it could be that you have a co-infection holding back your progress.

Secondly, as stated earlier, each of us with Lyme disease has unique chemistry which causes our disease to be completely unique to us.

Therefore, a combination of antibiotics that heals one person may not have any effect on another person.

I am not a doctor, but I have been bedridden with Lyme disease, Bartonella and Babesia for over two years, and I have spent those years researching every aspect of tick-borne illnesses. I have struggled with months of IV antibiotics that didn't help me recover, and I have been on and off this protocol (due to finances) and have found that it works for me.

If you have been infected with Lyme for any great length of time, recovery is bound to be a long and slow process.

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If you have recently been infected, your recovery **should be** much faster and less complicated. I stress “should be” because there are some ferocious strains of Lyme that can infect the central nervous system in under 24 hours.

So be prepared to take responsibility for your own health and insist on aggressive treatment.

For help with specific symptoms go to [“How To Relieve The Symptoms of Lyme Disease.”](#)

If you have Lyme disease I hope you recover quickly. And remember, ***you are not alone!***

Appendix A - The Jarisch-Herxheimer Reaction

A Jarisch-Herxheimer reaction or “herx” as it is commonly called is a predictable and temporary “flare-up” or worsening of symptoms caused by the die-off of certain bacteria.

This condition was discovered and named after the German dermatologist, Karl Herxheimer (1844-1947), and originally observed in syphilis patients.

Although both Lyme disease and Syphilis come from a Spirochete bacteria, their structure is quite different.

Dorlands Medical Dictionary refers to the Herxheimer reaction as *a transient, short-term, immunological reaction commonly seen following antibiotic treatment of early and later stage [infectious] diseases which [may be] manifested by fever, chills, headache, myalgias (muscle pain), and exacerbations of cutaneous lesions. The reaction has been attributed to liberation of endotoxins-like substances or of antigens (a substance which causes an immune reaction) from the killed or dying micro-organisms.*

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Unlike Syphilis, Lyme causes multiple Herxheimer reactions, and can be physically and emotionally devastating.

Some have a reaction within days of effective treatment; while for others, it may take longer. Generally, the longer it takes for a reaction to occur after beginning treatment, the more disseminated the disease is.

These brutal flare-ups can last between two days and two weeks, but there are some who report much longer reactions when treating their disease aggressively (some will try several therapies at the same time with the hope of attacking the disease more effectively).

“You have to get worse, before you can get better!” is a grim consolatory phrase passed back and forth in chat rooms and community forums amongst sufferers on the internet.

But the roller-coaster of pain often threatens recovering patients to greater relapse, as we grasp for the energy to deal with both physical and emotional symptoms.

“It’s just so hard to deal with worsening symptoms after months or years of illness.” complains one long-time Lyme patient.

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The good news is that science clearly shows “herxing” means that treatment is working. The dying spirochetes emit a neurotoxin that floods the body from every active location, and over-stimulate the already weakened immune system. So in general, the greater the bacteria-load, the greater the reaction will be.

Many Lyme-literate doctors recommend [“Smilax”](#), an herb that effectively binds the neurotoxins, and passes them out of the body. Epsom salt baths are also soothing; and very hot baths will also aggravate symptoms, as the spirochetes are threatened by heat, but eventually the hot baths will help keep the disease at bay.

Appendix B –The Frequency Generator

Dr. Royal Rife’s accomplishments with cancer using electronic frequencies have generated quite a bit of confusion.

What did he do?

How can this help you retain good health?

Don’t believe all the hype. Learn the facts. Get this new information that shakes some common misconceptions. This report is from very conscientious researchers. [Click here to get the report.](#)

There are few people who can attest to a complete cure from Lyme disease using Rife technology, and unfortunately the government destroyed his lab and curtailed his work back in the 20’s and now they are still persecuting anything that bears his name.

So instead of Rife machine, you will read about “Frequency Generator” which works on the same principals.

Dr. Royal Raymond Rife is considered one of the greatest scientific minds of the 20th Century. He is credited in the book, *The Cancer Cure That Worked*, as the man who discovered a cure for cancer and many other diseases... simply by using vibrational energy.

I like the ability to sweep through frequencies while sleeping because we really don't know from one person to the next exactly which frequency we're dealing with.

There are many disease-ridden people (especially those with Lyme disease) who swear to have been healed by the GB-4000 Frequency Generator, a digital machine based on the principals of Dr. Rife but using the advanced technology of the twenty-first century.

I selected the GB-4000 based on the convenience of having a programmable system to sweep through a great number of frequencies from allergies to diabetes –whatever is desired. Each person will need to experiment on frequencies based on their own disease, co-infections and underlying body chemistry. This machine comes with a complete list of codes for every conceivable ailment.

Appendix B –Pure Water

Unlike food which can be washed but never purified; or eaten with minerals and vitamins but never reconstituted with the vitamins and minerals Nature intended food to supply our bodies with, water can be purified and energized.

However, the very best treatment for water is the Tyent MMP 9090 “Turbo Extreme” which purifies and ionizes each drop of water you and your family use. No more large weekly bills for bottled water. You can rest knowing you are giving yourself and your family the number one health promoting “product” for recovery from Lyme and to help your immune system fight off disease in the future.

I like the water ionizers made by [Tyent Water Ionizer](#) because of the company’s commitment to the highest quality machines. The company is not just run by businessmen, but by doctors who are continually studying the best way to deliver the highest energy water, and hence, the water with the most healing benefits.

[Tyent Water Ionizer](#) has the ability to turn ordinary tap water (guilty of causing if not contributing to the three most probable causes of sickness, chronic

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disease and premature aging; (1) high acidity levels in the body, technically called acidosis, (2) damaging runaway free radical activity and (3) body dehydration.)

[Tyent Water Ionizer](#) counters high body acidity is caused primarily by the foods we eat and the beverages we drink. Ideally our diet should be 80% alkaline and 20% acidic. In reality the American diet is just the opposite.

When our body pH is lowered (towards acidic) ALL major bodily functions are negatively affected. High acid intake results in the creation of excess acidic waste.

So by [Tyent Water Ionizer](#) will protect our kidneys and liver (our chief detoxification organs from acidic overload.)

Alkaline ionized water contains huge numbers of OH negative ions, molecules that have an extra electron, making alkaline ionized water a VERY POWERFUL antioxidant. As a side benefit, the interaction between OH negative ions and free radicals produces Oxygen providing the body with LOTS of NATURAL energy!

Alkaline ionized water is restructured making it up to six times more hydrating than ordinary water. Smaller water clusters more effectively penetrate cells resulting in much more efficient delivery of nutrients and oxygen to cells and removal of waste material and toxins from cells.

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Alkaline ionized water actually enables the body to heal itself and to keep itself healthy and free of sickness and disease, what it was designed to do.

Alkaline ionized water is very similar in nature to the famous miracle water of Lourdes France, considered by many to be the fountain of youth.

Appendix D: How to Relieve Symptoms of Lyme.

Due to prolonged periods of inactivity due to profound fatigue, weight gain is a common problem that further erodes your self-esteem.

Weight Gain/Loss with Lyme Disease

Depending on our immune system, genetics, co-infections, eating habits, many of us gain weight and many others lose weight.

Dr. Burrascano insists on a very strict high protein diet with no sweets or starches. For many the adherence to this diet will keep weight at a healthy level. However, if our body is acidic, fat will be stored up around important organs to protect the organs from the destructive acid. This is why pH Balance is so important. For more information [\(read free ebook called Five Element Shake.\)](#)

There are some very frightening pills on the market which promise weight loss, and these short cuts can be very tempting. Our self-esteem is at an all-time low, and extra fat just adds to depression. Not enough weight has the same depressing and physical dangers.

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The apple polyphenols that are recommended in this book are also very effective in eliminating belly fat. Read more at [Apple Poly](#).

[Honey and Cinnamon](#) : Mix together in warm water and drink on an empty stomach morning and night. Find out more from my blog.

<http://www.lymediseasresource.com/wordpress/honey-and-cinnamon-for-chronic-lyme-disease/>

[**For more information on how to relieve Lyme Disease symptoms click here.**](#)

Disclaimer

Don't proceed with any treatment protocol without the full support of your Lyme disease specialist. If you don't have one, please find one as soon as possible.

It is vitally important that you find and work with a Lyme disease specialist who can:

- *Try different treatment protocols, and monitor which works best;*
- *Support you through potentially severe Herxheimer reactions (that means your treatment is working);*
- *Manage various symptoms that persist during treatment;*
- *Evaluate whether parasites or co-infections are complicating your disease;*
- *Help you keep your sanity with emotional comfort and support;*
- *Present the most promising of emerging treatment protocols;*
- *Monitor and protect the healthy function of your primary organs through recovery;*
- *Provide appropriate diet, exercise and supplements for total recovery.*

The author of this book is not a medical specialist or a doctor, and is writing this information from research and personal experience.

Be careful with your health! It is up to you.