

Lyme Disease
Combat II

Buhner's Herbal Treatment



THE CHRONIC LYME DISEASE SERIES

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Contents

Introduction	3
1. The Power of Herbs	6
2. Herbal Medicine – Nature’s Pharmacy	9
3. Stephen Harrod Buhner	11
4. Andrographis Paniculata	14
5. Resveratrol	17
6. Cat’s Claw	19
7. Smilax	21
8. Detoxification	23
9. Living with Lyme Disease	25
Appendix	
• The Herxheimer	26
• Critical Detoxification	28
• Pure Water	30
• How to Relieve Symptoms of Lyme Disease	
Sources and Recommended Reading	32
Disclaimer	33

“The measure of a man is how he bears up under misfortune”

Plutarch (46-c.122)

Introduction

Chances are if you are reading this e-book, you or a loved one is suffering with Lyme disease.

If you have Lyme disease, perhaps you have tried treatments that haven’t worked.

I know how you feel.

I know how it feels to suffer for many months before even getting a diagnosis, and then having to face the horrible possibility of chronic infection along with a myriad of possible treatments.

For me, I wondered, “Are all these doctors guessing?”

The answer is, “Yes!”

Doctors are guessing based on what has worked for other patients, and depending upon their diligence, what has worked for other Lyme specialists.

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Now depending on the experience of your first Lyme specialist, and the access and/or ability you have to read extensively about Lyme, you may have learned the worst of it very quickly, or over a long period of time:

The terrible truth is that currently there is no commercially available test to absolutely determine the presence of Lyme disease in humans, AND there is no way to completely rid the body of Lyme disease once it has become chronic.

So what can we do?

According to most Lyme-literate doctors, the answer depends on a wide variety of health factors that vary from one individual to the next (so it is very important to find the best in your area to work with through your treatment and recovery.)

For some who catch it quickly and treat it aggressively recovery may take mere months. However, for some it may take many years to recover to a semblance of normalcy.

Antibiotics remain the most effective treatment for Lyme disease.

Even the respected herbalist Stephen Buhner agrees that the best hope for a meaningful recovery is appropriately prescribed antibiotics.

This is very difficult to face for those who are unable to tolerate antibiotics due to allergies and/or sensitivities, or for those who are philosophically opposed to all man-made chemicals for healing.

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And for those who can tolerate antibiotics, it is shocking and not just a little bit frightening to face the great quantities and various types of antibiotics that are required for treatment, and this is all in addition to nutritional supplements!

But there is an even greater problem lurking.

After 40 years of pushing antibiotics for any ailment, physicians are now confronting bacteria that have built defenses against those same drugs.

Some infectious bacteria that were once treatable have become even stronger and sometimes even deadly.

The reappearance of highly infectious bacteria is caused in part by the overuse and misuse of antibiotics, but the resilience of bacteria also stems from the ingenious biochemistry of the microorganisms themselves. To survive, microorganisms and fungi mutate into resistant strains.

And Lyme disease is the master of mutation!

According to scientists, Lyme bacteria can mutate into other forms at will in a matter of seconds making it very difficult to eradicate; thus requiring several types of antibiotics. It is considered the most intelligent bacteria known to man.

Scientists have also learned that the species of Lyme can mutate into a completely different species within its host – making the number of species impossible to project – in fact, according to scientists at Tulane University, there are different species for every organ in each person’s body!

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Accordingly, there are now increasingly different antibiotic “cocktails” that are selected based on primary infection, co-infection, probable strain and personal chemistry.

However, even those who have taken the prescribed “cocktail” - the massive amounts of antibiotics and the great length of time indicated (several years or more is not uncommon), and still the symptoms return.

This book is for those who are eager to cure their disease “naturally” using herbs, minerals and vitamins. It is designed as a companion to Stephen Buhner’s book [“Healing Lyme”](#)

Be prepared to the idea of taking 48 capsules per day for 9 months. And that is in addition to any other vitamins and supplements you are taking! There is a large price tag associated with this protocol as well that is not covered by insurance.

However, it is rewarding to use the fruits of the earth to conquer this terrible disease.

Chapter One – The Power of Herbs

As foreign as it may seem to those of us accustomed to modern drugs and pharmaceuticals, every culture in history has depended on the healing power of herbs.

Even modern mainstream medicine is intimately linked to herbal traditions: trees, shrubs, plants or other natural materials form the basis of approximately 25 percent of all prescription drugs in the United States today.

Synthesized versions of natural plants and organic compounds compose another huge segment of the pharmaceutical market. In the rest of the world, herbal medicine is even more heavily used. In Europe, for instance, more than 6 billion U.S. dollars per year are spent on herbal medications.

Although we tend to think of all herbs as plants, an herb is actually any natural substance used for medical treatment. As you'll see in this chapter, herbalists classify two substances—bee venom and shark cartilage—as herbs, and use them quite frequently to treat men and women with arthritis.

Also in this chapter, you'll receive an overview of a branch of herbal medicine known as aromatherapy. Dating back to ancient Egypt in about 4500 B.C. aromatherapy is a method of treating illness through the inhalation and external application of essential oils derived from the roots, stems, seeds, and flowers of plants.

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Like other forms of alternative therapy, herbal medicine attempts not to cure disease per se, but rather to help the body remain in, or return itself to, the state of balance we know of as health.

In attempting to do so, herbalists tend to explore lifestyle and dietary habits with their patients in order to develop a treatment plan far more individualized and personal than most mainstream physicians are able to do.

Although each person who visits an herbalist is likely to emerge with a different prescription (even for the very same complaint), there are some generalities that can be made about possible remedies for arthritis.

An herbalist might recommend antispasmodic agents to ease cramping of the muscles; cartilage-building or -repairing substances; anti-inflammatory to soothe inflammation or reduce the inflammatory response; and tonics that strengthen and restore the nervous system.

Alternatively, an aromatherapy expert might recommend a variety of essential oils for generally the same purposes: to soothe aching joints and to help relax the body and mind.

At a first appointment with an herbalist, you should expect the practitioner to take a complete medical history. Among the most important topics discussed will be the exact nature of your symptoms, the level and type of your physical activity, and any past medical and surgical treatment for arthritis.

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If the herbalist is a medical doctor or other trained health professional, he or she may also perform a physical exam, concentrating on the joints currently causing you pain. Based on what the herbalist discovers during the exam, he would then prescribe one or more natural medications aimed at strengthening your underlying constitution while alleviating your symptoms.

It is highly likely that the herbalist would recommend bodywork, massage, physical therapy, or treatment by a chiropractor or osteopath.

Chapter Two - Herbal Medicine is Nature's Pharmacy

In general, herbal medicines work in much the same way as conventional pharmaceutical drugs.

Herbs contain a large number of naturally occurring substances that work to alter the body's chemistry in order to return it to its natural state of health.

Unlike purified drugs, however, plants and other organic material contain a wide variety of substances and, hence, less of any one particular active chemical.

This attribute makes herbs far less potentially toxic to the body than most pharmaceutical products.

Another benefit of natural herbs is that they tend to contain combinations of substances that work together to restore balance to the body with a minimum of side effects.

The plant meadowsweet is a good example: It contains compounds similar to the ones used in aspirin that act as an anti-inflammatory to treat arthritis and other musculoskeletal ailments. However, these compounds often irritate the stomach lining.

Unlike commercially prepared aspirin, however, meadowsweet also contains substances that soothe the gastric lining and reduce stomach acidity, thus providing relief from pain while protecting the stomach from irritation.

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For people with chronic arthritis who have been forced to choose between aching joints and stomach aches, such a treatment can seem like an absolute godsend.

Chapter Three – Stephen Harrod Buhner

Stephen Harrod Buhner, author of "[Healing Lyme](#)", has gathered a large following with his scientific research regarding herbal products that fight to heal and prevent Lyme disease.

Mr. Buhner is a master herbalist, psychotherapist, and expert on indigenous and contemplative spiritual traditions.

Much of his work and writing focuses on herbal and alternative medicine, deep ecology, and sacred plant medicine. He lives in Vermont and New Mexico.

In spite of his abiding faith in the power of alternative medicine and natural herbs, Mr. Buhner states in his book that, "At this point in time, antibiotics are the clearest choice for killing spirochetes, with some caveats."

He then goes on to describe the vast amount of knowledge yet to be learned about Lyme disease, and encourages those suffering from Lyme disease to approach their healing with an open mind and a willingness to embrace multiple strategies.

In fact, he stresses that his core protocol works very well with antibiotics, "...will increase the positive outcome from antibiotics considerably."

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His core protocol includes ramping up to large doses of *Andrographis paniculata*, Japanese Knotweed (Resveratrol), Cat's Claw, and using Smilax (Smilax Root) to help with the extreme pain related to the Herxheimer reaction that accompanies the successful destruction of the spirochete bacteria.

There are many other herbs that are recommended for various aspects of the disease including "Astragalus" as a prophylactic. Astragalus is listed as part of his original core protocol, however, due to the possible complications that may arise if you unknowingly have a chronic case of Lyme. If you aren't sure how long you have had it, better safe than sorry!

There is a very supportive Lyme forum for those who are on or have been on this protocol at http://health.groups.yahoo.com/group/Lyme_Aid_Buhner. Please join and participate. You will make new friends who have complete empathy with you, and you may find tips from other users which aren't in the book.

Stephen Harrod Buhner is an Earth poet and the award-winning author of ten books on nature, indigenous cultures, the environment, and herbal medicine.

He comes from a long line of healers including Leroy Burney, Surgeon General of the United States under Eisenhower and Kennedy, and Elizabeth Lusterheide, a midwife and herbalist who worked in rural Indiana in the early nineteenth century.

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The greatest influence on his work, however, has been his great-grandfather C.G. Harrod who primarily used botanical medicines, also in rural Indiana, when he began his work as a physician in 1911.

Stephen's work has appeared or been profiled in publications throughout North America and Europe including Common Boundary, Apotheosis, Shaman's Drum, The New York Times, CNN, and Good Morning America.

In addition to [“Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and its related Co-infections”](#), Mr. Buhner has written [“Sacred Plant Medicine”](#) , [“The Secret Teaching of Plants”](#), [“The Natural Testosterone Plan”](#), [“Plant Spirit Healing”](#), and most notably, [“Herbal Antibiotics: Natural Alternatives to Drug-Resistant Bacteria”](#) amongst many other scientific publications.

For more information visit Mr. Buhner's website <http://www.gaianstudies.org>

The following chapters offer general notes on the herbs as a companion to [“Healing Lyme.”](#)

Chapter Four – Andrographis Paniculata

Andrographis Paniculata is a fabulous herb that no medicine cabinet should be without. In addition to all of the serious illnesses it can treat, it can cure the common cold, and even the dreaded winter flu!

Research conducted over the last 30 years has confirmed that Andrographis, properly administered, has a surprisingly broad range of pharmacological effects as listed below, some of them extremely beneficial:

- Effective pain killer
- Reduces swelling and cuts down exudation from capillaries
- Anti-inflammatory action assisted most likely by adrenal function
- Fights bacterial activity, especially spirochete infections
- Fights and even kills cancer cells
- Counteracts intermittent diseases, such as malaria and lyme that come and go without warning
- Prevents blood clots
- Inhibits viral activity
- Protects heart muscles)

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- Manages healthy properties and flow of bile
- Cleans and purifies the blood and lymphatic systems
- Promotes healthy digestion
- Promotes mucus discharge from the respiratory system
- Protects the liver and gall bladder
- Reduces blood sugar
- Boosts the immune system by increasing white blood cells, inhibits HIV-1 replication, and improves CD4+ and T lymphocyte counts
- Aids bowel elimination
- A mild sedative
- Kills intestinal worms

Possible harmful side effects: DO NOT TAKE IF YOU ARE PREGNANT!

Andrographis Paniculata can abort pregnancy... although Ayurvedic tradition allows it to be taken for short duration during pregnancy. Mr. Buhner advises all women to avoid its use during pregnancy as a precaution.

[Amazon has the best price for 120 caps from Planetary Formulas.](#)

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In almost every other respect it has an extremely low toxicity. Although if large quantities are consumed without a gradual introduction, it can cause GI upset which is detailed in [“Healing Lyme”](#).

Chapter Five – Resveratrol

Although most people who have heard of resveratrol think about “The French Paradox” and the resulting discovery that the resveratrol contained in the seeds and skin of grapes counter the effects of aging; hence, the reputation as the fountain of youth or the “anti-aging miracle”

However, resveratrol from Japanese Knotweed has been used around the world for infections of various kinds, bacterial, viral and inflammation for thousands of years.

Mr. Buhner recommends [Source vitamins \(Hu Zhang\), and the best deal I have found is for 120 capsules at Amazon.](#)

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General Health benefits from Resveratrol:

- Resveratrol promotes the “clearing of brain plaques implicated in Alzheimer's disease (and Lyme disease)
- Resveratrol is anti-carcinogenic in several different ways.
- Resveratrol is a more potent anti-inflammatory than aspirin and ibuprofen.
- Resveratrol is a powerful anti-oxidant, which protects health.
- Resveratrol inhibits the flu virus. Rather than directly attacking the flu virus itself, resveratrol seems to block host-cell functions that are essential for viral replication.
- Resveratrol has been shown to slow the rate of growth in tumors, yet another way it is anti-carcinogenic.
- Resveratrol is anti-aging

There are so many benefits to taking Resveratrol that it should be taken by everyone in the family.

Certainly it should be taken regularly by those who have suffered from Lyme disease even after recovery.

Chapter Six – Cat’s Claw

Cat’s claw has become very controversial in the world of Lyme disease due to the presence of TOA (tetracyclic oxindole alkaloids).

Mr. Buhner devotes a large amount of research in his book showing that the benefits of cat’s claw are not affected by TOA.

However, some insist the beneficial effects of cat’s claw preparations are blunted by the presence of TOA, which inhibit the real active agents, called POA (pentacyclic oxindole alkaloids). Samento, a form of cat’s claw without TOA, and far more expensive, is the herb that some Lyme experts insist upon.

Decide for yourself. In spite of numerous testimonies, I believe that Mr. Buhner’s expertise far outweighs any conflicting argument.

The protocol does not require the extra expense, however, the quality of the herb is extremely important so stick with the protocol and get [Raintree Cat’s Claw](#). (HerbsPro beat Amazon for pricing at the time of writing this book.)

The benefit that Cat’s Claw provides against Lyme disease is that it builds and supports the killer cell subset measured by CD-57. Normal Cd-57 levels are between 60 – 600, however, chronic Lyme patients typically have between 0 and 100 which is considered low.

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Dr. Burrascano suggests measuring the CD-57 during treatment and remaining on antibiotics until symptom-free and a CD-57 of 200 or more.

Chapter Seven – Smilax

In the United States, smilax (more commonly known as sarsaparilla) is sold primarily as an oral remedy for skin conditions such as psoriasis, which like Lyme disease creates an overabundance of endotoxins (the nasty refuse from dying bacteria that cause the dreaded “Herxheimer” reaction – the flare-up of symptoms which occurs when treatment is working). Chemicals in smilax are known to attach to endotoxins and reducing or even eliminating the amounts of endotoxins in the body.

Some interesting facts about smilax:

- Orally, it has a weak diuretic and laxative effect, which may make it useful in promoting the loss of excess water from the body and also in treating mild constipation.
- It may also promote sweating, which may help to reduce fever.
- It contains chemicals that may act as a mild expectorant, a substance that may loosen mucus in the lungs and promote coughing.
- It has anti-inflammatory and pain-relieving effects which make it useful for treating arthritis and related conditions.

Sufferers of Lyme disease are well aware of inflammation and the pain it can cause.

What most people do not know, is that each person’s immune system is genetically coded to the level of response to irritation, injury, or infection. Some people react severely, and at once, while others have little to no inflammation response.

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For those of us with Lyme disease it is important to understand the relationship between our immune response and the spread of infection.

Recent studies at the University of Utah indicate that those with a greater inflammation response suffer more at the onset of infection due to the additional pain caused by the inflammation.

Surprisingly it is those with minimal inflammation response who suffer much more in the long run due to the way our immune system functions. The inflammation is our body’s way of fighting infection, so without that weapon, the spirochetes grow out of control causing greater illness and suffering.

Another interesting benefit of smilax comes from a variety of laboratory studies. Apparently smilax stops the division of some cancer cells and also caused cancer cells to break up faster than they would normally.

Also (only in laboratory and animal studies), smilax has blocked nerve cell damage caused by protein fibers that form in various organs, including the brain. This could eventually show smilax as a very effective tool for fighting Alzheimer’s and dementia.

Lyme disease?

It will probably take years, but it is not a very farfetched to see the implications for those with neurological Lyme disease.

There are not many brands to choose from, but [HerbsPro](#) has the very best price for [Nature’s Way Sarsaparilla \(100 caps\)](#).

Chapter Eight – Detoxification

Lyme-literate doctors agree that killing infectious bacteria is but one part of the process of healing from Lyme disease (and co-infections). Detoxification is equally important to rid the body of parasites and other elements in our bodies that harbor the disease.

Detoxification can also be tricky depending on each person’s disease, immune system, allergies and many other contributing factors.

Mercury poisoning is a growing health problem that interferes with the evaluation and treatment of Lyme. The best way to rid the body of heavy metals is regular use of the FAR Infared sauna, but there are some other products that greatly help.

Here is a list of the very best products I have found to help your body detoxify:

- [Heavy metal detox](#)
- [Far infared sauna](#)
- [Liver detox](#)
- [Smilax](#)
- [Detox foot patches](#)
- [Dental detox](#)
- [Parasite detox](#)

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- [Chemical detox](#)
- [Psyllium cleanse blend](#)
- [Intestinal nano detox](#)
- [Xeno detox](#)

Remember, our bodies have a wonderful detoxification system built in, so drink lots of spring water, distilled water or ionized water to help move waste out of your body.

Chapter Nine – Living With Lyme

The hard truth for those of us with chronic Lyme disease is that even once we feel completely cured we are probably still harboring spirochetes in your body.

There are many nooks and crannies in our bodies that the spirochetes can drill into deeply where blood doesn’t circulate.

Over time, when we get busy with our renewed **healthy** lifestyle we will not, and **cannot** evade the tremendous stress that our society, family and friends expect us to deal with.

Following are some essential supplements that relieve the symptoms of Lyme that may crop up once in awhile even after you have recovered for the most part. And for me they make my life bearable while I am still very ill.

[Vilift for Anti-depression](#)

[Gaba \(750mg\) for anti-anxiety](#)

[Melatonin \(5 – 6 grams\) for sleep](#)

[Five Element Shake for energy and vitality](#)

For more specific suggestions on chronic Lyme disease symptom relief go to <http://www.LymeDiseaseResource.com> or <http://www.Neuro-Lyme.com>.

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 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.*

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.

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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.

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; although very hot baths will also aggravate symptoms, as the spirochetes are threatened by heat.

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

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[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.

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 C: How to Relieve the Symptoms of Lyme Disease.

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.

The best product that I can recommend and use myself is [Apple Poly](#). It actually reduces belly fat. But additionally, apple polyphenols do the following:

- cardiovascular diseases
- cancers
- osteoporosis
- neurodegenerative disease
- diabetes

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

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But for the first time during a study of apple polyphenols in Japan, there was a significant effect on muscle strength and 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), exclusively from the peels (the richest source of phytonutrients).

[Apple polyphenols](#) are 18 times more potent than Vitamin C, and in addition to the super-modulation of oxidative stress, they appear to play a role in the prevention of degenerative diseases, particularly cardiovascular diseases and cancer.

Best of all, apple polyphenols are water soluble, where most other polyphenols are not. This allows for the nutrients to be absorbed quickly and easily.

[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.lymediseaseresource.com/wordpress/honey-and-cinnamon-for-chronic-lyme-disease/>

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

Sources and Recommended Reading

Stephen Harrod Buhner has graciously allowed us to promote his work in this publication.

You can see his other books and contact information at

<http://www.gaianstudies.org/stephen.htm>.

“Herbal Antibiotics: Natural Alternatives for Treating Drug Resistant Bacteria” *by Stephen Harrod Buhner.*

“The Green Pharmacy: The Ultimate Compendium of Natural Remedies by the World's Foremost Authority on Healing Herbs” *by James Duke*

“The Practical Handbook of Plant Alchemy: An Herbalist's Guide to Preparing Medicinal Essences, Tinctures, and Elixirs” *by Manfred Junius*

“Healing Wise” *by Susun S. Weed*

“Coping with Lyme Disease: A Practical Guide to Dealing with Diagnosis and Treatment” *by Denise Lang*

DrugDigest.com

“Cure Unknown: Inside the Lyme Epidemic” *by Pamela Weintraub*

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;*
- *Give support 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 stay sane 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.

NOTE: I apologize from the bottom of my heart for any spelling or grammatical errors – they are all mine