



## Information Abounds!

Things have been just a bit crazy... ☺ In the past six weeks, I have been to three conferences on Lyme Disease. All of them were excellent opportunities to learn more about testing, diagnosis, and treatment.



The most recent was the May 5-7, 2006 "Lyme Disease, Stealth Infections, and Inflammation" conference put on by [ACAM](#). It appeared to be over 90% practitioners and I was fortunate to have met and talked with many of the best and brightest. Dr. Burrascano, Dr. Stricker, Dr. Garth Nicolson, and Dr. Ritchie Shoemaker were among the many brilliant doctors that spoke at this enlightening three day event. I have been working since I returned to get the notes ready for publishing on my site and I hope they will be done in the next several days. Watch for them on my [Conferences](#) page.



One of the presentations that I was especially excited about was the presentation on mold and biotoxin illnesses from Dr. Shoemaker. I just recently read his latest book called "[Mold Warriors](#)". The book had sat on my shelf for about four months. About two months ago, three different people brought the book to my attention within four days. I knew there must be a reason that I was supposed to read it. I picked it up and it provided me with several new insights into the issues of Lyme Disease and mold illnesses.

It talks about the genetic aspects of biotoxin illness and how some of us genetically do not have the ability to remove the various toxins from our bodies and thus they continue to circulate and cause health issues. That is not to say that the genetic issue is the final answer, but it does provide new insight into methods that may be appropriate for ongoing treatment. I am planning to meet with a doctor in June that specializes in the Shoemaker protocol and look forward to sharing more information on that as I move forward.

I should note that I am not questioning my current approach to treatment, but rather looking for opportunities to find more information that may further guide my path to healing. Each of us has to take an active role in getting well. This is a next step that I am very much looking forward to taking. More on that in the next several months....

## BetterHealthGuy Favorites

I have come across so many useful resources in the past month that I thought I would start adding a "BetterHealthGuy Favorites" section to the monthly newsletter and share a few of them with you.

## Book of the Month



My favorite book of the month is Dr. Ritchie Shoemaker's "[Mold Warriors](#)". I highly recommend reading it if you have any question about whether or not mold may be a component of your illness or are interested in understanding some of the potential genetic components involved in chronic illness. I found it enlightening.

## Product of the Month

Many of you know that I am of the opinion that [Dr. Dietrich Klinghardt](#) is one of the true healers in the medical community today. I am always amazed by the depth of his knowledge. If you have followed any of his teachings, you are likely familiar with the KMT24 device.

If you are not using the KMT device as part of your recovery, I would recommend looking at it further. They can be very useful in helping to inhibit the multitude of organisms that plague most of us with chronic Lyme Disease. For more information, contact Nancy at [BioToolsInc@aol.com](mailto:BioToolsInc@aol.com).



## CD of the Month



My favorite CD of the month is the audio presentation by Stephen Buhner on his book "[Healing Lyme Disease](#)". It does a nice job of summarizing the key messages of the book. If you have not read the book, that is your first must-do! Either way, this is an excellent resource. To get more information on the CD, go [here](#).

## Favorite New Addition to BetterHealthGuy.com

I just added "[Julia's Story](#)" to the site this past week. It is very touching and I hope you will take a moment to read it. If you want to share your own stories through the site, please [contact me](#).

## Treatment Update

Several things have changed this month and many of them are changes that I am right in the middle of and don't have specific comments on just yet. I mentioned the addition of Polygonum in the last newsletter. According to Stephen Buhner, this is probably the most important herb in the treatment of Lyme Disease.

I also started a 60-day course of Tinidazole in addition to the Biaxin and Doxycycline and am going to swap the Doxycycline for Omnicef in the very near future. Summer is coming and I have too many outdoor things to do to have to worry about the sun-sensitivity from the Doxycycline. Bye-bye Doxy – Hello wakeboard! ☺



## We Must Act!

There are so many ways that we can help bring awareness to the Lyme Disease story. My favorite is the production [Under Our Skin](#) from [Open Eye Pictures](#). If you are interested and able, your financial support would be very much appreciated. You can contribute [here](#). I also want to thank all of you that have contributed to this important project already. It is going to be a great step forward.

## Spread the Word

I continue to be blessed with an excellent response to the work that I am doing through the site and I appreciate all of your kind feedback. You are my inspiration and the reason that I keep doing what I am doing to learn more and share what I can. I benefit so much from your sharing and stories as well. I thank you.

You can help by spreading the [BetterHealthGuy.com](#) word to those that you know with Lyme Disease or other chronic illnesses.

I also have some cards for the site that I have used with a few doctors that are graciously helping to share this information with their clients. If you have an opportunity to share information about the site with others and would like me to send you some cards, please let me know. I would be very grateful for your support.

## Until Next Time

Thanks for all your kind words, inspiring stories, thoughtful direction, and for your compassion. Live, love, and laugh each and every day for tomorrow is not a given.

In Better Health,



Scott

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