

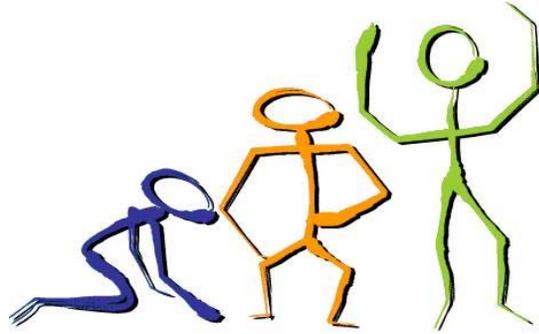
Co-infections are the RULE!

If I can share one thing with you this month, it would be not to underestimate the impact that co-infections have on those of us with chronic Lyme. I personally do not believe that any of us are co-infection free. Infection with *Borrelia Burgdorferi* alone is highly unlikely. If that happens to you, please go buy a lottery ticket. You might win!

I hear time and time again "I was negative for all the co-infections" and another thought is never given. Let me share my story.

When I first got tested via conventional blood tests, I was positive for Lyme and Ehrlichia. *Bartonella* and *Babesia* were both negative.

Four months into treatment, *Bartonella* turned positive. At nine months, I got my first positive *Babesia* test. At that point, I had tested positive for *Borrelia*, Ehrlichia, *Bartonella*, and *Babesia*. It took nine months for the blood test results to finally catch up to what I had already known from electro-dermal screening analysis done much earlier.



Some thoughts:

- Co-infections are the RULE, not an exception.
- The average child with Lyme has 2-5 co-infections with an average of 3.
- Treatment of co-infections is required and often, they must be treated BEFORE or concurrent with the *Borrelia* treatment itself.
- If you don't test for and treat co-infections, you are not putting yourself in a good position for healing.
- Almost everyone with chronic Lyme has 1 or more co-infections.
- Co-infections require DIFFERENT treatments in many cases. Do not assume that you are covering them with only the Lyme treatment. Many people don't even know which ones they have.
- Co-infection testing is often unreliable as well and you may need to repeat them over time.
- If you think you only have *Borrelia*, odds are you have not looked closely enough.

Please do yourself a favor and don't rule out the possibility of a co-infection. It can often be the thing that is holding back your recovery.

Treatment Update

The past month has been an exciting one with much research into other means of improving health and wellness. I have just started one new energetic therapy that I look forward to telling you about as soon as I have experienced it long enough to validate whether or not it works. As always, I try only to share things that I have personally found useful in improving my current state of well-being.

Much of my focus the past month has been on detoxification, heavy metals, and parasites.

Detoxification – I continue to be disappointed with how few people with Lyme disease have an active focus on detoxification. I don't think anyone can truly attain health without a focus on toxin removal. My current options for detoxification include:

- [BioPure Chlorella](#)
- [Pure Encapsulations Clear Detox](#)
- 30-minute FIR sauna sessions 4 times a week
- [HealthMarvels Detox Foot Pads](#)

A useful listing of detoxification products can be found [here](#). Other potentially useful methods of detoxification include liver/gallbladder flushes, colonics, castor oil packs, and coffee enemas. Do some research on these. You might find that you like them! ☺

I also have another detoxification program that I am about to embark on. That program is a 48 day protocol that helps the body to deal with chemicals, viruses, metals, and toxins stored in the body. I will share more about it in the near future.

Heavy Metals – The topic of heavy metal removal is a complex one and should be done under the care of a qualified medical practitioner. One of my next projects for [BetterHealthGuy.com](#) is to write a page with my thoughts on metal detox including which products I find useful. It is critically important that this component of chronic illness not be overlooked in my opinion.

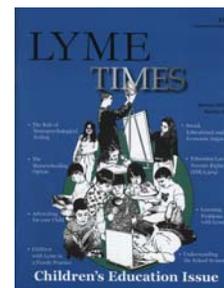
Parasites – It doesn't matter how many stool tests you take that come back negative. The chances are high that there are parasites in many of us with lower immune function due to chronic Lyme. The truth of the matter is that even healthy people likely carry numerous parasites around with them on a daily basis. I talk more about parasites on my site [here](#). Don't assume that you are parasite free!

BetterHealthGuy Favorites

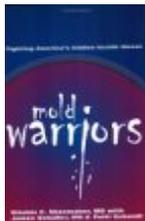
For the second month in a row, I want to share with you several resources that I have found to be very useful. I encourage you to take a look at the items below. I also welcome your thoughts on resources that you have found useful that should be considered for future editions of the monthly newsletter.

Publication of the Month

"Lyme Times" is a publication that is put out by the California Lyme Disease Association (CALDA). It is a superb publication which provides significant information of value to those of us dealing with Lyme disease. To subscribe, go [here](#).

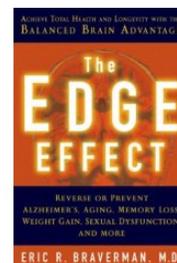


Favorite New Addition to BetterHealthGuy.com



I finally completed my write-up on Mold and bio-toxin illnesses. You can find more information about this often missed aspect of chronic illness on my site [here](#).

Book of the Month



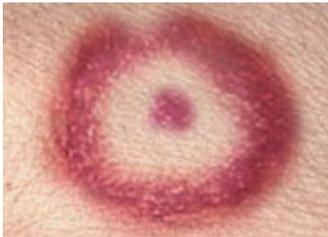
I am currently reading "The Edge Effect" by Eric Braverman. The book talks about Alzheimers, memory loss, weight gain, and numerous other symptoms that can be caused by imbalances in neurotransmitters. It is an interesting read. For more information, go [here](#).

Web Site of the Month



I recently was directed to a web site which is a tremendous wealth of information on various health-related topics. You can visit the site at <http://www.jigsawhealth.com/>. There is also a very interesting personal blog from the CEO, Pat Sullivan, which you can find [here](#). I highly recommend a review of these very useful resources.

We Must Act!



I deeply believe that the upcoming documentary *Under Our Skin* from [Open Eye Pictures](#) will change the way that the general public thinks about Lyme disease. The production is briskly moving forward but is in need of our ongoing financial support. If you are interested and able, your support would be very much appreciated. You can contribute [here](#).

Spread the Word

Please continue to spread the word about [BetterHealthGuy.com](#) to those that you know with Lyme disease or other chronic illnesses.

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,

A handwritten signature in blue ink that reads "Scott".

Scott

Scott@BetterHealthGuy.com

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