



## Little By Little, Bit By Bit

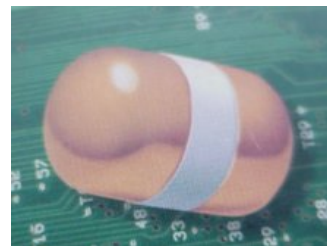
One of the challenges for me with recovering from Lyme Disease has been learning to have patience with my own body and my recovery process. My LLMD told me early on that this would be a marathon, not a sprint.

I used to watch for improvement in hours and days. Now I gauge my progress in weeks and months. Fortunately, there is clear progress. Little changes are often hard to see until I look back at the road that I have traveled. At this point, I am back to running, snowboarding, and Bikram yoga. I am still symptomatic, but little by little, bit by bit things continue to improve. There is a light at the end of the tunnel....

## Treatment Update

I continue to incorporate more of Dr. Klinghardt's protocols into my program after having been to his conference in January. I have introduced the following as a result of what I learned:

- Chlorella Pyrenoidosa and Cilantro – I chew 30 tablets of Chlorella 30-45 minutes before lunch and then take a squirt of the Cilantro tincture right before eating. This should help with mobilization and binding of neurotoxins and heavy metals. Note that any heavy metal program should be done under the supervision of a practitioner knowledgeable in this arena as it can be detrimental if not done properly.
- The Glass Bottle – one of the options I learned about and liked at the conference was taking a glass bottle each day, filling it with water, and then adding in herbal tinctures, Matrix Electrolytes, and Phospholipid Exchange. It is an easy way to get needed treatments throughout the day.
- I did two cycles of high-dose Artemisinin at 1500 mg per day for 3 days with a two week break in between. The approach makes sense, but go slow the first time and listen to your body. Some people may not be able to tolerate it.
- For parasites, which I believe we all have even though none of my tests have shown any for years, I did four cycles of the [Sputnik](#) capsule. This was probably one of the stranger things I have done. It is a metal capsule that you swallow and it emits frequencies that are reported to kill parasites. I had notable muscle spasms and electrical sensations all the way down my legs. Nothing really uncomfortable but it was a bit unusual the first day until I got used to it. It will definitely shock you 😊
- I also continue with the Rechts-Regulat and am anxious everyday to get home and use my KMT23 microcurrent device.



I am continuing with Doxycycline and Biaxin for another six weeks and then will decide what comes next. I am wrapping up the Mepron and should be done with that in the next week.

The process of finding what works best is an ongoing one and I expect it will continue to change. With each passing month, I refine the program and feel more confident that I am on a good path.

More information on my current treatment protocol including a full listing of supplements can be found [here](#).

## Helping Our Quest

If you are able to provide financial support small or large, here are two projects that I think are very much worthwhile.

In January at the Dr. Klinghardt conference, I had the opportunity to view a 24 minute cut of the upcoming movie on Lyme Disease called *Under Our Skin*. It is very moving and touching. This documentary will enlighten many to the struggles and challenges that all of us with Lyme Disease face on a daily basis. To support this project, visit [Open Eye Pictures](#).



Second, is the Legal Defense Fund for Dr. Charles Ray Jones. Dr. Jones has treated over 8000 children with Lyme Disease and is an angel to many. His license is now being challenged and every dollar counts. If Dr. Jones does not win this battle, the stage will be set for many of our doctors to be challenged. If you would like to contribute, please visit <http://www.DefendLymeDoctors.com>

## Upcoming Events of Interest

Here are a couple of exciting conferences that I will be attending in April. It would be great to see you there!

[Hope to Heal Lyme](#) – a conference for patients with Lyme Disease. Char Healy has assembled an impressive list of doctors and exhibitors that will be presenting at the conference. Last year's conference was prior to my having been diagnosed, but I later watched the entire thing on DVD. The information presented was superb. The conference is in Reston, VA on April 1-2, 2006. It is a not to be missed. For more information, visit [Hope to Heal Lyme](#).

[ART I](#) – a practical, hands-on course on the subject of Autonomic Response Testing by Dr. Klinghardt. Many of you know how impressed I was with the Lyme conference in January that Dr. Klinghardt put on. Well, it is time for more. I know several folks that are planning to attend and if you have an interest or have a practitioner that may have an interest, it should be a great learning experience. For more information, visit the [American Academy of Neural Therapy](#).

## 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

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