



Lyme Disease....A Broader Perspective

2007 has arrived and I expect good things this year. 2006 brought so much useful information my way and I believe 2007 will do the same. Though treating Lyme disease can often be difficult and confusing, there is so much that we can do to improve our situation.

For me, looking at Lyme disease holistically is an important part of my journey. I am not one to believe that antibiotics will cure me from Lyme disease. They may help and I do use them, but I fear that the gains may in many cases be short-lived if we don't do more.

In my opinion, treating Lyme disease requires one to do several things. None of these can be overlooked. They are:

- 1) **Treating the infections themselves** (notice I said "themselves", not "itself"). This often means finding the infections which can be tricky. In almost every case though, they are there. Over time, I found almost all of them were impacting my own health. For more information on testing, visit [here](#).
- 2) Implementing appropriate **detoxification support**. Some of my favorites are chlorella, far-infrared sauna, detox foot pads, and good colon detox programs. I have also done several liver/gallbladder flushes which may be worth looking into further. Colonics can also support healthy detoxification. For more information on detoxification, visit [here](#).
- 3) **Heavy metals** are almost always part of any chronic illness in my opinion. This might be the trickiest of all the issues to address and one that I continue to work through. Though I have made notable progress, heavy metal detoxification must become a habit and not simply an event. For more information on heavy metals, visit [here](#).
- 4) **Hypercoagulation** is a common concern for people with chronic illness. The blood gets thick due to excess fibrin and this can make treatment less effective as it provides the organisms a place to hide. A good explanation I recently found about hypercoagulation can be found [here](#). I have used heparin in the past but prefer Rechts-Regulat. Information on Rechts-Regulat can be found on [My Treatment](#) page.
- 5) **Parasites** cannot be overlooked. I know it is a gross topic that makes most of us a bit squeamish but it is not uncommon to have parasites. The difficult part is finding them as most labs in the US are not very effective in doing so. My preference for parasite testing is to use ART (autonomic response testing) or EAV (electro-acupuncture according to Voll). In terms of conventional labs, there are a few that are worth trying. The [Expanded Gastrointestinal Health Panel from Diagnos-Techs](#) is probably my favorite. For more information on parasites, visit [here](#).
- 6) **Fungus and mold** can also play a role in one's chronic ill health. In my personal situation, mold sensitivity was clearly part of the problem and something I continue to work on. Aside from [mold](#), other fungal issues such as Candida can also add to our challenges. At a minimum, you should consider taking regular [probiotics](#) to keep fungal issues under control.

Yes, it seems like a long list of things to concern ourselves about. It would be much easier to just believe deep down that all of our problems are caused by Lyme disease and that continuous use of antibiotics will cure us all, but my bet is against that. As I mentioned, I think they can be a part of the program, but they cannot in my opinion be "the" program.

I also write an article along these same lines in the December 2006 edition of the Public Health Alert. You can find it [here](#).

FEATURES

Holistic Approaches to Lyme Offer Hope:

An Interview with Dr. Amy Derksen, ND

By Scott Ferguson
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Readers of this article have an important message from Dr. Amy Derksen, ND, a holistic approach to Lyme disease and chronic illness. She shares her insights on the importance of a holistic approach to Lyme disease and chronic illness...



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Holistic Approaches to Lyme Offer Hope

Many of you probably have seen my past articles in the Public Health Alert. The one that I am the most excited about is the article in the February edition called "Holistic Approaches to Lyme Offer Hope: An Interview with Amy Derksen, ND". It provides insight into the various factors involved with Lyme disease and chronic illness.

I urge you to take a look at the article and see if anything there resonates with you. You can find it here. I would also welcome any comments that you may have.

If The Pot Is Full, Stop Adding To It!

Most of us have significant issues with toxicity as part of our health condition. I firmly believe that it is important to filter as much of our shower and bath water, drinking water, and even air as possible. I do all of these.



Shower and bath water is a very common source of contaminants and many believe that we get more contaminants from our shower water than we do from our drinking water. Filtering shower and bath water is relatively inexpensive and something I highly recommend.

I do filter my drinking water as well using an ionizer which also makes the water more alkaline. Given that I have problems with mold sensitivity, all of my room air is filtered as well. I have been very pleased with both my water and air filtration systems.

For information on the systems I personally use, visit here.

BetterHealthGuy Favorites

Project of the Month

The National Lyme Disease Memorial Park Project was launched within the past month. It is both touching and informative. I applaud the project and recommend that you visit the site. You can find it here. One of the items that I found to be quite informative was the co-infections by state information.

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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