



## **Puzzle In Progress....**

It has been about fourteen months now since my original diagnosis of Lyme disease. It is amazing how much of an improvement I have experienced in that time. From severe neurological pain to running and wakeboarding again this summer, the progress is clear. Though one never knows what the future will bring, I remain optimistic that I will continue down a good path. The combination of conventional and alternative care seems to be paying off. The process of putting all the puzzle pieces together is still in progress and I still have more road to travel, but more and more, the puzzle pieces seem to be fitting together.

## **It's Mold I'm Told**

In the last newsletter, I shared that I had been looking into the impact of mold on my health after having done the HLA gene testing and been found to have predispositions to both chronic Lyme disease and mold illness. I have since seen two doctors that deal more specifically with the mold issue and both felt as though mold sensitivity was also a contributing factor. I have started adding various interventions into my protocol for the mold issue and continue to work with this new aspect of the bigger picture. I have added both nasal and systemic anti-fungals and also made some changes such as adding a barrier pad for my mattress and purchasing a new HEPA filter to better filter the air. I have also done mold testing of my home which showed only normal levels and am now in the progress of testing my office as well to see if that is an added source of stress on my system.

There is no question in my mind that Lyme disease is the primary factor at the head of this ten year journey. However, I think that chronic Lyme disease is a multi-factorial illness that requires unraveling layer by layer. I have talked about [parasites](#), [heavy metals](#), hypercoagulation, and [detoxification](#) previously and most recently, I have added [mold](#) to the list of things that I believe one with chronic illness should investigate. I have also found more and more people looking into this issue that also have confirmed it to be an area that requires further investigation and treatment.

## **Upcoming Conferences**

Earlier this year in April and May, I attended several conferences and shared those with you on my [Conferences](#) page. September and October will be another busy conference time.

Later this month, I will be going to Seattle once again for another conference with Dr. Klinghardt. This will be the ART II class that will continue my autonomic response testing training where I left off in April. I have since practiced the technique on many people and the more I understand it and see it in action, the more I believe that it is one of the most powerful tools I have to guide the course of my illness.

Then, in late October, both the [Lyme Disease Association](#) and [ILADS](#) have their conferences in Philadelphia. I plan on attending both and will attempt to take notes and document them on my site sometime in November.

## **BetterHealthGuy Favorites**

**Easiest Way to Raise Money!**

The California Lyme Disease Association does some amazing work to help all of us with Lyme. One of their jewels is the [Lyme Times](#). If you are not already a member of CALDA, I urge you to become one for only \$35 dollars and you will receive the [Lyme Times](#) publication. To join, go [here](#).



One of their most recent fund raising options is amazingly simple. You sign up with eScrip and up to 8% of the purchases you make at many fine retailers such as Macy's, OfficeMax, and many others will be donated to CALDA. It really is that easy.

To sign up:

- 1) Go to [www.escrip.com](http://www.escrip.com)
- 2) Click on "Sign-Up"
- 3) Enter Group ID: 500004377
- 4) Follow the process. You will be asked to enter your credit card information. Purchases at participating vendors with a registered card will then result in a donation to CALDA.

Once registered, you will be able to see the list of participating businesses in your area. Now, your only other task is to go and shop! ☺ How easy is that?

### **Publication of the Month**

The [Public Health Alert](#) is now working on its fourth edition! I continue to be impressed by the quality of the articles that the paper has to offer. I urge you to visit the site and take advantage of this excellent resource. In addition to the online version, paper copies can be obtained by subscribing to the publication directly through the site. This is a great option for support groups, practitioners, or even individuals with an interest in Lyme disease.

### **Article of the Month**

David Winston, RH recently published an article on Tick-borne diseases in Medical Herbalism. Though I have not tried all of the options he discusses, the article is worth a quick read. You will find it [here](#).

### **Project of the Month**

[Under Our Skin](#) has reached its post-production phase. The film should be out sometime in 2007. I for one cannot wait. Though things are moving along, additional completion funds are still needed. You can contribute [here](#).



The film was recently promoted on Apple's site. You can find the latest trailer [here](#).

For more information on the project, visit [my latest article](#) in the Public Health Alert.

### **Web Site of the Month**

It won't come as any surprise that I am a fan of the teachings of Dr. Dietrich Klinghardt. You will find a wealth of information on his new site at [www.klinghardt.org](http://www.klinghardt.org). From Lyme disease protocols to heavy



metal detoxification, the articles here will enlighten.

### **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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