

Using Nutrients To Address Lyme Disease

"Remember the ultimate goal here is to clean the body and feed the body on all levels: physically, emotionally and spiritually."

In part 1 of the Tuesday Minute on Lyme disease, we covered "phase one" of a protocol Dr. Greg Peterson uses with his patients. We discussed that since there are so many co-infections associated with Lyme disease and since the spirochete hide in tissue or biofilms, a healthy robust immune system is the key to recovery.

I mentioned that 70% of the immune system resides in the gut, so the solution to any chronic immune challenge should begin by restoring gut health regardless of the diagnostic label.

For part 1 of Dr. Peterson's protocol, you can see a link below. But let's continue with part 2.

One side note, as we give an overview of how Dr. Peterson uses nutrients, remember the ultimate goal here is to clean the body and feed the body on all levels: physically, emotionally and spiritually.

After approximately eight weeks of "phase one", continue to build gut integrity by using Beta-TCP, 3 tid; A.D.P.,



2 tid; Caprin, 2 tid; and Biodoph-7 Plus, 2 at bedtime.

Dr. Peterson also encourages fermented foods like kimchi and kombucha to support the microbiome.

Continue to support adrenal function with ADHS an adaptogenic mix of botanicals and nutrients, 3 at breakfast and lunch. ADHS also contains many of the nutrients needed for phase 1 liver detoxification.

For ongoing phase two liver support continue with MCS-2, 1 tid.

Dr. Peterson is addressing Lyme disease on at least six

levels. One, he restores gut immunity in his "phase one."

Two, he manages inflammation. In any infection, cytokines will be sending messages to increase inflammation to fight the battle. Although good for a short time, with long term infection, inflammatory messages can cause a variety of symptoms. The achy feeling when you get the flu, brain fog, and apathy, all come from inflammatory cytokines, etc.

Dr. Peterson's strategy is to reduce global inflammation with KappArest, 2 bid, EFA-Sirt Supreme, 2 tid and Super-oxide Dismutase in the form of Dismuzyne Plus Granules.

Three, he provides foundation nutrients to support the immune system. Bio-Immunozyne Forte, 2 tid, Bio-Ae-Mulsion Forte 3 drops, Bio-D-Mulsion Forte, 2 drops and Neutrophil Plus, 2 tid.

Four, he uses homeopathic remedies to energetically stimulate immune competence. Dr. Peterson rotates 21st Century Homeopathics Bacteria Detox and Detox-Virus, taking a capful of Bacteria Detox twice a day until gone, then switching to Detox-Virus until empty, then back to Bacteria Detox etc.

Each product not only has homeopathic remedies known to turn on cellular mechanisms to restore immune competence but also to help the body restore homeostasis during and after the battle.

Five, he monitors urine pH to make sure the patient maintains an alkaline state. If the first morning urine is below 6.5, he adds Potassium-HP with Magnesium to a drink made with ingredients I will share, and monitors the diet to increase buffering agents like plants.

Sometimes we forget that reduced intracellular pH also causes inflammation and impaired mitochondrial function. This means a reduction in the ability to make energy at a time when more energy is required to fight infection. The cell has to do more with less energy. Reduced intracellular pH also brings increased intracellular free radicals with less efficient metabolism, protein synthesis and increased membrane free radical production.

Finally, Dr. Peterson uses nutrients to increase cellular energetics and support the production of white blood cell counts by using coconut oil, one tsp bid; 5-MTHF Plus Forte, 1 /2 tablet bid; and an "immune enhancing" drink.

People who have been plagued with long term illness often have mitochondrial dysfunction.

Therefore any nutrients that will help increase cellular energetics until the mitochondria can be repaired will enhance immune competence. Coconut oil is not only antimicrobial due to the lauric acid but contains other medium chain triglycerides which are burned directly by the liver similar to glucose.

5-MTHF Plus Forte is used to increase methylation which will turn off or silence undesirable genes.

Folic acid is also necessary for gut health but in the context of this discussion it is essential for healthy white blood cells.

Dr. Peterson's immune enhancing drink contains: 2/3 cup of coconut water, 1 scoop of both NutriClear and Whey Protein Isolate, 1 tsp of arabinogalactans namely IAG, 1 tsp D-Ribose, 1 tsp Dismuzyne Plus Granules, 1/8 tsp Celtic sea salt, 1 scoop NitroGreens and enough pure water for comfortable drinking. Drink two times a day initially after the patient begins phase two. Once the patient starts feeling noticeably better, then reduce to once a day.

We will revisit some of the finer points and the immune enhancing drink and the rationale for using it on another Tuesday Minute.

Aggressive immune challenges like Lyme disease are increasing. So understanding the process of how and why nutrients combined can be helpful.

Obviously, as you test and interview your patients, changes will be made based on real time circumstances. But I think you can agree that this model has great merit and you can't argue with success.

Thanks for reading this week's edition. I'll see you next Tuesday.