

## LYMESTOP

### My Personal Story-Dr. Ben Erlandson

Up until I was 29 years old I had never experienced any true health problems. I had never taken any prescription medicine and always exercised and lived a fairly healthy lifestyle. As I got out of bed one day, I began noticing that my feet were sore in the morning. At first I attributed this to working out and using a new pair of shoes. However, I experienced the pain even on days when I wasn't wearing the new shoes. Initially I just passed it off as a side effect of the rigorous training regiment I was on in preparation for a running race. My energy at this point was still good for the most part.

I had also sustained a back injury during training that was quite unusual. Having grown up in a chiropractic family and being a practicing chiropractor, I had always utilized chiropractic care for wellness. All other injuries or slight discomforts were relieved with minimal chiropractic care. This time it was different. I continued to get my adjustments, but I just was not responding. It seemed unusual, but I attributed it to just getting older.

Once the race was over, I was quite tired as I am after every big race, but anticipated that feeling would subside in a day as it always had before. However, one day soon grew into weeks of fatigue even though I had been taking a break from my workout routine to rest my body. I came to realize that something more serious was probably wrong with me.

During this same period I was in the first year or two of my business and began thinking I was just having some burn out from my busy career, although I really loved being a chiropractor. I began sleeping more frequently with my usual fifteen to thirty minute lunch time power naps turning into several hours a day. Added to this fatigue was some joint discomfort, and at this point I suspected I had lyme disease.

I made an appointment with a medical doctor in Madison, Wisconsin, who was known for an alternative type of testing that had helped many of my father's and my patients. This doctor diagnosed me with mononucleosis (mono) which made sense to me. However, when I returned for my follow up appointment my symptoms had not improved. A new round of testing was completed, and I was then diagnosed with Candida. A new round of treatments brought no change; and so after another round of tests, I was diagnosed with lyme disease (lyme disease will be referred to as LD for the rest of the article). With three diagnoses in two months, I was reluctant to take the antibiotics, but I felt they might finally help me.

Unfortunately, after three weeks on antibiotics, there was still no change; and my doctor informed me that he didn't think he could help me with his methods.

I continued to decline with stamina and joint discomfort becoming worse. I was searching for all kinds of answers for my problems. Being a practicing chiropractor, I knew there was a cause of my problems; and I just had to identify it. I read some books about adrenal fatigue, and mercury toxicity. I decided to do a heavy metal test which showed high mercury and lead. This finding, plus the facts that I had never had the bulls eye rash and had tested negative twice on the standard medical LD tests, led me to believe heavy metals were the source of my problems rather than the LD. My symptoms also matched mercury toxicity. I later found out LD affects one's ability to detoxify mercury and other heavy metals causing higher levels in the body.

Soon other new symptoms presented themselves. By this time I had abandoned all workouts due to becoming so fatigued, I could not function for a few days after I exercised. I started to really resent my job which I had loved so much. All I wanted to do was sleep, which I did for ten to twelve hours at night only to wake up with no feeling of being refreshed and even more tired than when I went to bed. I suddenly was in a constant brain fog in which mundane easy tasks, like opening and responding to emails, became very difficult. My vision became poor, and I felt as if I was seeing in 2d and very blurry. My libido went to almost zero. I started to become more and more irritable. I had frequent neck pain and headaches. I also was starting to get more back problems with nerve system involvement. I would get shooting pain down my arm and leg. These were both new symptoms for me. My back became so inflamed that it was impossible to have any one touch or rub my back without causing pain like a sunburn. Memory and concentration became very poor and single pages of books had to be read eight to ten times. I developed a lot of confusion and disorientation even in my hometown. I would leave home to go to work and close the garage door only to have to return five or six times to double check that the door was closed. I felt like my body was aging at an extremely fast rate and I was dying.

Then the psychological problems started. I started to sink into a deep depression. I thought for a while it was because I was just tired of being tired, but I could literally feel like something was affecting my brain and my health. My wife and I were on our honeymoon in Hawaii, and I remember sitting on one of the most beautiful beaches in the world saying to myself I did not want to be there or anywhere else for that matter. It is an odd feeling to not to want to be anywhere. I could understand if I said I didn't want to be doing chores or something undesirable, but I didn't want to be doing anything—sleeping, work, exercising. By this time I had given up all my hobbies, I knew something was mentally wrong. I really had become a different person and lived with very dark, negative

thought patterns. I read later that people with chronic LD often end up in divorce and I could see how that would happen. I was not a pleasant person to be around. But luckily my wife was able to put up with me for the most part. I still to this day don't know how she did, but I was blessed by her love and patience.

I had really cut my practice down to working part time grabbing ten to fifteen second rests between patients, but every time I would return to standing, I became so dizzy. In fact just turning my head made me dizzy which made driving a dangerous proposition. My digestive system was also in disarray. I had done all kinds of testing by this point and realized that my thyroid, adrenal glands, brain and many other endocrine organs were not functioning well. Liver function was very poor, and I developed chemical sensitivity. If I were to walk down the street and a car passed, I would almost choke and couldn't breath. Going into a retail store was almost impossible as the chemicals in the store were so overwhelming to me. My detoxification system of my whole body was shutting down.

At night I would just lay in the bed so tired with a fatigue known as “weight of the earth” fatigue. By now I felt if I didn't wake up in the morning, I would have been just fine with that. Imagine having the worst hangover of your life and a really bad flu day after day after day. I was starting to literally go crazy now. I would have hallucinations, almost out of body experiences, and experienced extreme social anxiety which would not allow me to be in comfortable in any groups, even family. It was almost an embarrassment because I was living in a shell of my normal self. I told myself that I probably had only three more months until I would not be able to work at all.

At this point I was reading in the Bible almost everyday. I was so sick of being tired that I just prayed for a recovery, but also was at the point where I was willing to accept my condition if I had to live out my life this way. That is when things turned around and I was told by a colleague and friend about a doctor name Dr. Tony Smith in her hometown in Coure D' Alene, Idaho. She said that he has had good results with LD, and the community had a lot of positive responses from his care. I wasn't even for sure if I had LD or not because I had already tested negative two times and equivocal once from a lab called Igenix. This is a more accurate Western blot test. (more on that later). I talked to Dr. Tony Smith via email, and he told me that he could for sure at least tell me if I had Lyme or not. I thought this would be worth the trip since I was getting sicker by the day and probably was going to have to close my practice within three months if things kept going downhill.

When Dr. Tony was examining/treating me I had no idea what he was doing. In fact, I probably annoyed him a little bit because I kept asking questions. I was quite familiar with most treatments for LD in traditional medicine and alternative

medicine, but this was something different. I told my wife I didn't know what he was doing, but he had a lot of confidence. After seeing many other doctors it was refreshing to see a doctor who could tell me what was wrong, and that he could most likely help. I wasn't skeptical of the technique he was using, but I had been let down so many times before I didn't want to get my hopes up in case it didn't work. This can be very draining to someone who has tried many different treatments. I also knew that I had to keep trying to get well, because I know if the cause of my illness was corrected I would recover. On the way home from Idaho I remember that it was a Sunday and usually I would be wiped out and dreading going to my office in the morning. But, in fact, I was actually somewhat motivated to go into my clinic, and I also drove home from the airport which I wouldn't have been able to do before. By the next Tuesday I woke up in the morning and felt like I had actually slept for the first time in over a year. I didn't feel more tired in the morning than when I woke up after sleeping for 12+ hours. Then within two weeks most of my psychological problems left. To say this was a huge relief would have been a big understatement. I started to be able to see again in 3D as the brain fog lifted. Energy and stamina were low, but light years better than before and continued to improve each week. I was so happy, but told myself that I wanted to wait six weeks of feeling better to really see if this was a miracle recovery. I had previous weeks where I had felt somewhat better, so I didn't want to chalk it up to chance. Week after week I continued to improve, with no regression. Dr. Tony said I was a very fast responder to his treatment. I was truly amazed and thankful that I had my life back. I have known many patients who had chronic LD symptoms, and I have recommended Dr. Tony Smith's method called Lymestop. They took the trip to Idaho, and most of them had positive results as well. To this day I am so thankful for having the opportunity to meet Dr. Smith because I don't know if I would even be around if it wasn't for him and my friend Amy who told me about his great work.

## **Lyme disease 101**

LD (lyme borreliosis) was first discovered in 1975 in Lyme, Connecticut when a number of people developed acute arthritis and other symptoms. In 1981, Willy Burgdorfer discovered that *Borrelia burgdorferi* was the bacteria causing the disease. LD is a spirocetal (spiral shaped) bacterial infection called “*Borrelia burgdorferi*”. It is now known that borrelia bacteria has been around for at least twenty million years.

Symptoms of this disease begin with initial acute stages (early disseminated stage) that may progress into chronic ongoing stages (late disseminated stage). Most of these symptoms are cyclical in nature, meaning that patients may have good and bad weeks, days or hours. Many Lyme patients also report being worse around the times of the full moon for unknown reasons.

Initial symptoms of LD are what many mistake as the “summer flu”. The most common initial symptoms are fever, achy joints, pain and fatigue. A person may experience blurry vision, chills, arthritis, swollen lymph nodes, dizziness, ringing in the ears, loss of facial muscle tone (Bell’s palsy), memory problems, or muscle pain. As the disease progresses, the fatigue, joint pain, stiff neck and headache, will get worse. Ten percent of LD patients can develop heart problems, such as irregular or slow heartbeat, dizziness or shortness of breath.

Most LD patients report what is known as the “weight of the earth” fatigue, a feeling that is both gripping and re-occurring. Patients feel as if they need to sleep all the time even though sleep does not provide refreshment or a well rested feeling. Menial tasks, such as dealing with email or even picking up a fallen piece of paper may become monumental.

Joint pain commonly migrates from joint to joint. Patients often report an ongoing arthritis. The stiff, swollen, and painful LD joint problems occur with no known injury or problem. This contrasts with joint pain, which remains in the same location often due to other circumstances such as trauma. This pain can be in arms or legs as well and can also be accompanied by numbness or tingling in those locations.

Some will get a classic “bull’s eye” rash, which is called erythema migrans. The rash doesn’t always look like a bull’s eye and can appear anywhere from two to thirty days after exposure. Typically a LD rash will expand out from its center and get bigger where other types of rashes will stay the same size. Only around 40% of patients with LD report a bull’s eye rash. Another difficulty with the rash diagnosis is addressed in studies that show animals only get the rash upon their

second exposure to LD. This could also be true for humans.

After the initial exposure, LD may cause serious psychological affects in the brain. This causing a great variety of symptoms that can eventually keep the patient from functioning as a normal person. When neurological symptoms are involved it is called neuroborreliosis. These symptoms can cause a patient entire personality to change. It is not uncommon for patients to express that they are no longer themselves. The most common of these symptoms are brain fog, short-term memory problems, depression, anxiety, personality changes, irritability, and inability to handle even the smallest stressor. Walking to the mailbox or taking out the trash can become so tiresome that the patient may need to take a nap. Many patients feel that they are aging at an unusually fast rate. Schizophrenia, bi-polar and psychosis can also occur in extreme LD cases.

### **The Great Imitator**

LD can display itself with symptoms of many other diseases or disorders and is called the “Great Imitator”. LD infections have an affinity for the soft tissues of the body such as the joints, heart, nervous system, and brain. LD patients usually have hormone deficiencies, toxic metal elevations, deficiencies in vitamins, minerals, essential fatty acids, and essential amino acids. LD can also mimic diseases such as MS, ALS, Alzheimers, Lupus, chronic fatigue, and fibromyalgia. Research recently shows that up to 50 percent of Multiple Sclerosis can possibly be advanced LD, causing the same demyelination of the nerves just like MS.(1) A MS researcher that I know was diagnosed with MS only to find out later that he had LD and he was then successfully treated for it. ALS is another disease that could be advanced LD.(2) Many cases of fibromyalgia and chronic fatigue are caused by LD and its co-infections.(3) Many LD patients receive a psychological diagnosis of: autism, ADHD, depression, mood swings, irritability, anxiety, bipolar (manic-depressive illness), OCD (obsessive-compulsive disorder) and paranoia, are given to both children and adults. In fact, fifteen to twenty percent of autism diagnoses can be LD related. (4)

These diagnoses are problematic in that once patients are labeled with a psychological disorder, they are typically never evaluated again for possible LD related brain problems, if the tests were initially negative for LD. Furthermore, current tests for LD produce extremely inaccurate results. We will look at details about this in the next section. But the critical problem with these inaccuracies is that an early negative LD test will keep physicians from reevaluating at the possibility of LD. LD patients often times will not “look” as sick as they are and

will typically not have anything wrong in their medical tests. Scans and blood work will be normal in many cases. The red flags that a patient may have LD are that they have a lot of the symptoms listed in this article, and the cause of their disease is still unknown after seeing many doctors. Patients will use words like “strange” and “weird” to describe their symptoms. Many LD patients are also labeled as hypochondriacs when no answers are found for their symptoms.

### **List of lyme disease symptoms**

- sore soles of feet, especially upon awakening
- pain or swelling in fingers, toes, ankles, wrists, knees, elbow, shoulders
- unexplained back pain
- stiffness in joints or back
- muscle ache or cramping
- obvious muscle weakness
- headaches
- ear pain
- pain in genital area
- unexplained tooth or gum pain
- neck creaking/cracking, stiffness, pain
- fatigue, tired, poor stamina
- insomnia, interrupted sleep, early awakening or excessive night sleep or napping during day
- lower abdominal pain/cramps
- chest wall/rib pain
- tingling, numbness, burning or stabbing sensation, shooting pain, skin hypersensitivity
- confusion, difficulty thinking
- difficulty concentrating or reading
- word search incapacitated (“name block”)
- forgetfulness, poor short term memory or attention
- disorientation causing going to wrong places or being lost
- speech errors such as using wrong words or misspeaking
- mood swings, irritability, depression
- anxiety/panic attacks
- psychoses: hallucinations, delusions, paranoia, bipolar type symptoms
- abnormal sensitivity to light and/or sound
- buzz/ring in ears
- increased motion sickness, vertigo, spinning sensations, off balance tipping sensations
- light headedness, wooziness, unavoidable need to sit or recline

- brain fog
- tremors or seizures
- facial paralysis – Bell’s Palsy
- twitching of face or other muscles
- unexplained weight gain or loss
- unexplained hair loss
- unexplained menstrual irregularity
- unexplained mild production or breast pain
- unexplained hair loss
- erectile dysfunction and/or loss of libido
- nausea
- heartburn or stomach pain
- constipation or diarrhea
- heart murmur or valve prolapse
- heart palpitations (skips)
- “heart block” results on EKG
- sinus congestion’
- breathlessness (air hunger)/unexplained chronic cough
- profuse night sweats
- the feeling of prematurely aging
- symptoms that fluctuate in intensity
- symptoms that migrate from one area to another

### Problems With Testing for Lyme

### Testing Terminology

- 1 ELISA test: (Enzyme-linked immunosorbent assay) This blood test measures levels of antibodies against the Lyme disease bacteria present in the body. Antibodies are molecules or small substances tailor made by the immune system to lock onto and destroy specific microbial invaders. (\$40-\$300)
- 2 Western Blot test: This blood test identifies antibodies directed against a panel of proteins found on the lyme bacteria. This test is ordered when the ELISA result is either positive or uncertain. (\$300-\$500)
- 3 Other Tests
  - o PCR-Polmerase Chain Reaction
  - o Antigen detection tests



## Specific Problems With Testing

To date, tests for LD, according to research, are only about fifty percent accurate.(5) To have a positive diagnosis one must test positive for both the ELISA and the Western Blot tests. The ELISA test is the initial screening test. One problem with the ELISA test is that it may take two to six weeks for the patient to develop antibodies. Another problem is that since Lyme is so good at evading the immune system, the body may not even produce antibodies at all. Finally, ELISA has the problem of giving false positive results if the patient has had previous exposure. With all this said, if the ELISA test is positive, a confirmatory test called the Western Blot is then administered. The Western Blot also has about a fifty percent accuracy. But if it also proves positive, the patient is deemed positive for LD according to the Center for Disease Control (CDC) criteria. The original testing for LD was designed by the CDC for surveillance of the disease and not specifically for diagnosis and treatment of LD. It is my opinion this is one of the reasons why the LD testing is inaccurate and hasn't been changed yet.

In 2013, the Center for Disease Control (CDC) had estimated that the amount of people diagnosed with LD has gone from 30,000/year to 300,000/year, an increase of ten fold in one year.

To make matters worse, most people who have LD have also what are called co-infections. Co-infections are other tick borne illnesses that often accompany LD. Some examples are babesia, bartonella, anaplasmosis, erlichia, mycoplasma, protozoa, toxoplasmosis, rickettsia and other bacterial, viral, and parasitic infections. These co-infections can make the effects of LD eight to twelve times worse. In fact, in some cases they can cause more damage than the borrelia bacteria itself. None of these co-infections can be identified through the two most common types of LD tests. There are separate lab tests for all of the individual tick born co-infections. They are typically not screened because of cost and reliability. Also, there are several species of borrelia that can cause LD in a person, not just *Borrelia burgdorferi*.

Medical doctors specifically trained in LD are known as Lyme Literate Medical Doctors (LLMDs). These LLMDs will diagnose mostly from clinical symptoms rather than rely upon the inaccurate lab tests. However, most primary care doctors may not be trained to identify the hallmark signs of LD depending upon their experience and training.

Currently in the medical community there are two opposing trains of thought

about the correct treatment of LD. This disagreement is known as the lyme wars. It basically divides the community into two separate camps: those who believe that LD is an acute infection that is easily treated and those who believe it can also be a chronic disease. Those who embrace the acute side believe that the disease can easily be taken care of with a round of antibiotics and that any ongoing symptoms are a result of post-treatment lyme disease syndrome (PTLDS). PTLDS is considered an ongoing autoimmune reaction and not an ongoing infection. The other side believes in the acute version, but they also believe it can be a chronic infection. This latter side acknowledges and treats the systemic affects LD may have on patients.

The average LD patient will see ten to twelve doctors before diagnosis, spending typically around \$100,000 before an initial diagnosis. A chronic LD patient's testing and treatment will typically cost tens of thousands of dollars per year.

### **Traditional Treatments and Their Effectiveness**

The conventional treatment for LD is typically three weeks of antibiotics for acute exposures. Some doctors will also prescribe months to years of ongoing antibiotic treatment for chronic LD. These antibiotics are usually effective if they are given in the first 72 hours of an exposure. Approximately eighty percent of those patients in acute exposure respond to the antibiotics and do not have any ongoing symptoms. However, twenty percent of patients can still end up with chronic LD despite the initial antibiotic treatment. Some strains of LD have been shown to be resistant to antibiotics. Complicating the situation, is that after 72 hours, the antibiotics become less and less effective as the LD infection goes deeper into the body. Many patients don't receive care initially because they don't have the hallmark bull's eye rash or even notice a tick bite. The ticks that transmit LD the most are the nymph deer ticks. These are about the size of a poppy seed and difficult to see. The adult ticks are spotted more often because of their bigger size.

LD takes three forms: spirochete, cell wall deficient "L-form", and cystic form. The spirochete is very mobile, and its spiral/drill shape allows for penetration into dense tissue, such as the nervous system, heart, and joints. It can rapidly convert to the other forms when threatened by antibiotics or our own immune system.

The Cell Wall deficient form lacks a cell wall that the immune system and antibiotics target. It also clumps together in dense colonies (biofilms) for protection from antibiotics and our immune systems.

The cyst form is a dormant form of the bacteria and do not typically cause symptoms. They can survive many adverse conditions and can convert back to the spirochete form when conditions are favorable. This typically happens when a person goes through a period of stress that weakens their immune system, such as physical injury, emotion stress, or chemical stress on the body.

Each form responds differently to antibiotics. LD also seeks the soft tissues of the body such as the collagen in joints, soft tissue of the heart, and the nervous system itself. These are difficult areas for antibiotics to reach.

Long term use of antibiotics take a toll on one's body. Our bodies are made up of trillions of bacteria that make up our microbiome, forming seventy percent of our immune system. The origin of the word antibiotic comes from "anti" meaning against and "biotic" meaning life. Antibiotics do not discriminate between the good bacteria in one's body and the bad guys. Thus this long-term usage can weaken the body over time. Most patients prefer foregoing the long-term use, but are so sick they accept it hoping that their symptoms subside or even disappear. LD patients who utilize long term antibiotics typically spend around one thousand dollars per month. Most insurance companies will not cover long-term antibiotic treatment for LD.

## **LymeStop Treatment-A natural, safe, and effective treatment**

### LymeStop and the Immune System

Lymestop treatment was the path to my recovery from LD. It is a totally unique method of recovery because the goal of the treatment is not to directly eliminate the infections. Rather it enables the patients own neuroimmune system to properly identify the infections and eliminate them. When your immune system is strong, it will easily identify infections, such as a cold or the flu, and then build an immune response providing recovery within a short time. But there are some infections, like LD, that travel below the radar of our immune system and can then become chronic.

Lymestop enables the brain and immune system to instantly identify these infections and other stressors so that they can be effectively eliminated. This is powerful considering the body has incredible ability to heal itself given the right opportunities. LymeStop taps into your own innate intelligence, or ability to maintain health, and heal naturally. It is also a unique treatment because it address

not only LD, but also co-infections, parasites, viruses, fungus, bacteria, nutritional deficiencies, allergies, and other physiological stressors that can prevent your ability to recover.

### How Does Lymestop Work?

Dr. Tony Smith, the founder and developer of Lymestop, has identified points on the body, which can identify and treat specific infections. These points are both diagnostic and therapeutic for LD and other infections. These points on the body are typically tender to the touch and will also show a positive with neurological reflex testing. The neurological reflex is tested through muscle response testing (MRT). There are points on the head related to the brain, and another set of points that correlate to various organs or systems in the body. These points are similar to acupuncture points, however they are their own unique points as discovered by Dr. Smith's research while treating himself and hundreds of other LD patients.

He found that he could get the brain to identify infections and health stressors by stimulating the brain, the infections points, and organ/system points. This creates a neurological connection with the brain, immune system, and the infections. The brain and immune system can then instantly identify the infections and begin to eliminate them from the body.

Lymestop uses special ceramic magnets to catalyze the treatment. The magnets act somewhat like boosters on electrical wires that supply energy to a house. The magnets give your body more energy to identify the infections/stressors. The magnets are applied to the brain and the points on the body to catalyze the treatment. This treatment is a natural method, placing nothing into the body. It is carried out entirely by hand without the use of any machine. There are no blood tests as diagnosis is completed by the previously mentioned diagnostic points on the body. This testing is extremely accurate for identifying LD and its related co-infections.

The Lymestop treatments require six sessions that can be administered twice a day or over the course of two weeks. Following these treatments, most patients experience feeling worse for up to six weeks as their bodies eliminate the infections/stressors. During this time a patient may report what is called a "herx." Jarisch-Herxheimer reaction is a reaction to endotoxins released by the death of harmful organisms within the body. Most patients report feeling significantly better after three months. Patients vary, of course, and it may take one to three years to be fully recovered from the disease, with children typically responding better than adults. Recovery time varies, of course, depending upon the severity of the disease at the beginning of LymeStop treatment. Cost for Lymestop treatments total approximately \$3,100, which seems quite affordable to the many

LD victims who have been spending tens of thousands per month on managing their disease.

Lymestop has about an eighty five percent success rate. This is extremely high for a disease like chronic LD. Those remaining patients not reaching recovery may have other problems unrelated to LD such as heavy metal toxicity, genetic disorders, mold infections, or dental problems. They also could have other disease processes that are causing their symptoms while simultaneously having LD. The Lymestop method may simply not be effective for a small percentage of patients as well. The length of time that a patient has suffered from LD has not proven to be a factor in the effectiveness of this treatment. With that being said, it is obvious that the less time one has suffered before treatments are begun, the less chance of permanent damage.

I was very knowledgeable about traditional and alternative treatments, but was unfamiliar with Dr. Smith's work when I went to see him as a patient. The reason I didn't have any base line for Dr. Smith's work is due to the original and unique method that it is. Also, I had no comparable treatments with which to reference or compare it to which made it difficult for me to understand at first. I can assure the reader that his method, though seemingly simple, is very powerful and effective. Like myself, many Lymestop patients have tried everything and are willing to try Lymestop because of the severity and longevity of their symptoms. They feel as if there is nothing to lose and enter the treatment with hope for a return to a healthy body.

Learn: [www.lymestop.com](http://www.lymestop.com)

### **Post Treatment Recovery**

Even after infections have been eliminated, recovery from lyme disease (LD) must be recognized as an ongoing process. Most patients need at least a year to fully restore health as their bodies continue to heal from all the damage that occurred within them. This is not to say that it takes a year or longer to feel better, but rather to totally heal. The first 6 weeks after treatments patients typically have a lot of ups and downs. The ups and downs should get less intense and further apart as your body heals. If you feel good and over do things then you will crash after wards until your adrenal glands heal. Three months post treatment patients should be heading in the right direction and feel better. Things may not be perfect yet, but improving through time. A general rule of thumb for chronic disease is that for every year a person has been sick it takes three months to fully heal maxing out at about 3 years. An analogy is if you have termite damage in your home. You have to first eliminate the termites and then repair the damage. The treatments are designed to get your immune system to eliminate

the infections/allergies and then your body can heal and repair the damage, but it takes time.

This recovery process can be divided into several categories:

- 1 Supplementation/Detoxification/Dental Health
- 2 Diet
- 3 Environment
- 4 Exercise
- 5 Sleep/EMR mitigation
- 6 Stressors
- 7 Chiropractic
- 8 Spiritual
- 9 Helping family deal with your recovery

### Supplementation/detoxification

Supplementation is usually the key for replenishing a starved body. LD and other infections deplete the body of essential vitamins and nutrients. Common deficiencies are B vitamins, magnesium, zinc, iron, CoQ10, omega 3's and vitamin D3. Many symptoms of LD can be from nutritional deficiencies, and detoxification systems being backed up. This is why it takes time after the infections are eliminated for the body to recovery. The body must be detoxified and any depleted nutrients restored. This usually takes about 3 months after the infections are treated.

For enhanced detoxification infrared sauna can be very helpful. Most local spas or massage business have infrared saunas you can try. If you decide to buy one check the link to high tech saunas below.

1) Begin your first sauna session by setting the temperature to 110°(F). Get in at 100° and leave the door open. Stay in for 10 minutes. (By leaving the door open you will keep the heating elements engaged and working while not allowing the sauna to heat up too fast or too hot.)

2) Assuming you feel good for the next 24 hours, the next day do the same with the door closed; do this for the next 2 days.

3) Assuming you feel good for those 48 hours, add 5 minutes – keep that setting for the next 2 days. 4) Assuming you feel good for those 48 hours, add 5° – keep that setting for the next 2 days.

5) Assuming you feel good for those 48 hours, add 5 minutes – keep that setting for the next 2 days.

6) Continue alternating each 2-day period adding 5 minutes and then 5 degrees until your sauna session is a setting of 30 minutes, climbing to a top temperature of 130°. You will always get in at 100°. It is always best to increase time before increasing temperature.

**NEVER USE THE SAUNA OVER 130°(F) OR FOR MORE THAN 30 MINUTES!**

If you are interested in purchasing a sauna. <http://www.hightechhealth.com/> If you mention you are a patient of Dr. Erlandson you may get a \$500 discount on the sauna.

### Dental Health

Each tooth in the body is intimately related to different parts of the body through a connection of tubules. A sick or toxic tooth can make somebody very ill. The two most problematic issues with teeth are amalgam (silver) fillings and root canals. The amalgam fillings are fifty percent mercury and should be avoided. The amount of mercury in someones body is typically proportional to the amount of silver fillings. These fillings are banned in many countries and always opt for safer alternatives for your children. If you already have them in your mouth then there are special procedures that need to be done to have them removed safely. Specific precautions need to be taken for the dentist and for the patient. Root canals also create an environment for toxic anaerobic bacteria to live and affect our health. Most conventional dentists will not be trained in how to remove amalgams or root canals safely. It is recommended that you seek a consultation with a biological dentist. These dentists are trained in a holistic orientation. They not only look at how what they put in your mouth affects your teeth, but also how these procedures and materials can affect the rest of your body and health. To find a biological dentist you can search the internet for “biological dentist”, or ask other local natural health care providers for one in your area. If they put amalgams or root canals in their patients then you would want to look elsewhere for safe removal.

### Diet

Inflammation and toxins that accumulate are major problems with LD patients. Because of these factors, a proper diet is critical to reach a proper recovery. All

processed food or any food that promotes inflammation must be avoided. The main offenders are processed vegetable oils such as sunflower, canola, safflower, and corn oil. Grains such as whole wheat and white flour should be avoided. Inflammatory foods include: Wheat, milk products, red meat, sugar, artificial sweeteners and diet products.

<http://www.mercola.com/nutritionplan> is a nice website to implement many strategies for eating healthy.

A healthy diet for LD recovery must include a variety of whole foods. Vegetables are particularly helpful because of the ability to detoxify and supply vitamins. A Vitamix or Nutribullet blender comes in handy to get more vegetables into the diet. Meats should be organic and grass fed only. Healthy fats, such as coconut oil, fish oil, olive oil, avocados, raw organic nuts and seeds, are a must dietary inclusion. I recommend drinking lots of water (minimum of half your weight in ounces) in recovery to detoxify your body without adding chemicals or sugars that other drinks contain. The Paleo Diet is a great diet for a recovering LD or for even better results a ketogenic diet. Ketogenic diet is a diet similar to paleo diet but limiting fruit consumption further to reduce overall sugars.

Two must have books for patients are:

Fragoso, Sarah (2011). *Everyday Paleo*, (1<sup>st</sup> ed.) Riverside, NJ: Victory Belt Publishing.

McFadzean, Nicola ND (2010). *The Lyme Diet*. South Lake Tahoe, CA: BioMed Publishing Group

<http://www.mercola.com/nutritionplan>

<http://www.ketogenic-diet-resource.com/>

### Environment

Sunlight is very important in recovery to restore depleted vitamin D3 levels. The goal is to get ten to fifteen minutes of sunlight everyday during the spring, summer and fall months. When sunlight is shortened, such as in winter or in very northern climates, supplement with vitamin D3. The average person will need 1,000 IU/day for every 40 pounds they weigh as a maintenance dose. If you weigh 160 pounds, you would take 4,000 IU/day. Larger doses may be needed initially through supplementation to restore deficient levels. Fresh air is also very



important and time should be spent outdoors everyday if possible. Also, toxin should be eliminated from the home to improve indoor air quality in the home. A few very good resources for healthy construction materials and how to create a healthy home.

Book recommendations for a healthy home environment are:

Baker-Laporte, Paula (2014). *Prescriptions for a Healthy House: A Practical Guide for Architects, Builders and Homeowners*.  
New Catalyst Books.

Wentz, Dave (2012). *The Healthy Home: Simple Truths to Protect Your Family from Hidden Household Dangers*.  
Vanguard Press.

### Exercise

Exercise is another critical area for detoxification and recovery. Many very ill LD patients can barely walk, so they need to start exercising very slowly. Your body will let you know if you are overdoing it. Patients may not be able to tolerate a lot of activity initially due to the effect LD has on the adrenal glands. The adrenal glands are tiny glands on top of the kidneys that help us cope with stress. When we have a chronic infection they can get exhausted. This causes recovering people, myself included, to feel very good during intense exercise only to crash for days or weeks do to overdoing it. Learn your limits, and you will notice improvement over time.

A good regiment in the early stages of recovery is a thirty-minute workout of simple walking with stretches before and after. As improvement happens, add resistant training and eventual return to your normal routine. If you did not exercise prior to being sick then I would still suggest walking and stretching initially. Later you could go to your local gym and find someone to coach you in resistance training. Children can just go back to walking and playing as normal. Yoga combined with the walking and stretching, is a safe entry an ultimate exercise routine. Remember that no size fits all aspects of recovery and continue to listen to your body's reactions. Also remember, as hard as it may be to begin using your body after long stretches of inactivity, exercise is crucial for clearing toxins through sweat, lymph movement and breathing. Go easy at first as your adrenals get accustomed to handling the added stress and time to recover.

### Electromagnetic Radiation and Sleep Needs

Sleep is the body's way of healing by giving the needed rest for recovery. Simply

put, you cannot get well unless you sleep. Most modern mattresses are filled with chemicals and flame retardants. Most memory foam will break down the immune system within a year. You can order a mattress without toxic flame retardants if you have a doctors prescription. The best options are to find a bed made out of natural materials. These usually are made of wool, cotton, natural latex, or some combination of these. It is very important to sleep on a safe mattress as you spend 1/3 of your life sleeping. Avoid mattresses that use flame retardants or petroleum based foams. There are a number of good online retailers of natural non toxic mattresses, but make sure they have an exchange or return policy. I currently have a intellibed mattress which I really like. If you enter "DrBenErlandson16" you would get 10% off I believe. Ensure a good sleep by making changes in your sleep environment that eliminate electronics. Televisions, cell phones should not be in your bedroom, and the alarm clock should be on the far side of the room as it can emit several sleep disturbing signals from EMF's, electromagnetic frequencies. Make sure that the circuit breaker box is not near any bedrooms as this will put off high electromagnetic fields. LD bacteria have been shown to be 200 times more active under EMF exposure. Many LD experts recommend mitigating all EMF exposure in order to recover from LD completely. I recommend doing as much as possible. DECT cordless phones should be replaced with regular landline phones. Wifi internet should be disabled and instead use ethernet lines. Bluetooth should be avoided and cell phones should only be used sparingly and speakerphone and text are preferred over holding the phone to the head. Another potential EMF source can be your "smart meter". This is the utility meter that emits RF microwave radiation. Shields are available for smart meters to block the radiation from going into your house. Four sturdy sheets of aluminum foil may block the smart meter as a simple solution. New appliances also have wifi chips in them that can communicate with smart meters and should be removed. All these exposures to EMF inhibit our immune system and also break down the blood brain barrier which protects our brains from microbes. Be kind to yourself when it comes to your sleep needs. If you require more sleep than you did when you were healthy, do not tell yourself that you are lazy or are not progressing. Your body will tell you what it needs, so learn to listen and trust what it is saying. This is a great time for healing and should not be judged or rushed with self doubt. If possible, adjust your work schedule to allow the need for added rest or sleep. This is especially needed in the first few months of recovery, but it won't be forever.

Two tablespoons of apple cider vinegar and 1 teaspoon of raw honey at nighttime can help a lot with sleeping. Yogi soothing caramel bedtime tea can also really help.

The following information was written by Joe Darnell. He has a website called flutterbusters.com that this was copied from with his permission. He is also an excellent consultant on EMF mitigation.

Here are three easy steps to reduce your EMF exposure.

- 1) If it communicates using Wi-Fi, Bluetooth, or connects to anything wirelessly, avoid it. If you have to use it, use it sparingly
- 2) Install filters to address the dirty electricity in your home or office created by electronics
- 3) Get rid items that create a lot of electromagnetic pollution like treadmills, CFL's, dimmer switches, and DECT phones to name a few

Wireless communication is everywhere and saturates us in a sea of EMF's. There are many simple things that you can do to reduce your exposure to wireless communication.

- One is stay away from 'smart' tech. Anything that uses a form of wireless communication should be avoided. Always opt for the wired version.
- Instead of Wi-Fi use an Ethernet cable. From a health perspective it is safer and it is faster to boot.
- Opt out of smart meters in your area. These could be located on your gas lines, utility box, and also public water systems. If you are not able to opt-out, then shield it.
- Turn off your cell phones when you are not using them. If you are able to get along without them then all the better. Almost everything you can do on a phone you can do on a computer with a wired connection.
- Make sure that all your electronic devices (computers, printers, blue ray, game consoles) are not communicating wirelessly
- Avoid items like your tablets that only use wireless. If you use them only use them in airplane mode.
- Replacing certain DECT phones, which are the cordless phones that people with a landline use. There are some that constantly send out a signal even when not in use. If you want a wireless phone, only buy one that connects when in use or buy a phone with a cord.

You will need to also address the dirty electricity that is running through your home. To do this you will need filters and also a meter to measure your levels. The meter, like a scale will just tell you what is there, nothing more, nothing less. Armed with a simple meter you will be able to clean up your own environment. The average home takes about 20 filters. You can purchase filters and a meters called Stetzer filters. I also send instructions on how to use and install the filters. If there are questions on installation, feel free to contact me at [darnell@flutterbusters.com](mailto:darnell@flutterbusters.com)

Lastly cleaning up your home environment by getting rid of big polluters like CFL (curly-q) light bulbs, treadmills and dimmer switches. Instead of a treadmill, run outside—it is free. Treadmills have VFD's (variable frequency drives) which

create a lot of dirty electricity. VFD's need harmonic filters and most treadmills do not come with them. If you know how to create filters you could add it to your treadmill but an easier route would be to use something else. A good substitute would be anything that is mechanical (ie doesn't use a motor) like an elliptical, exercise bikes, many Nordic Tracks, and rowing machines. You don't want anything that can hook up with Bluetooth or Wi-Fi.

Never ever buy a CFL bulb and if you have them, replace them as soon as possible. Incandescent bulbs or halogen are a suitable replacement. LED are hit or miss. Some are good some are not. Having a Microsurge meter will tell you if the bulb is ok or not. Simply plug it into a power strip and take note of the reading. Turn on the light and if the reading is higher than when you started it is bad. If the number returns to the initial reading then it is alright. Simple as that. Lastly replace your dimmer switches with just a standard switch. Not only are the standard switches cheaper than dimmer switches, they created less power quality issues.

Learn:

[www.emf.mercola.com](http://www.emf.mercola.com)  
[www.lessemf.com](http://www.lessemf.com)  
[www.slt.co/](http://www.slt.co/)  
[www.flutterbusters.com](http://www.flutterbusters.com)

### Stress Reduction

Stress can come in three forms: physical, emotional, or chemical. The body responds basically the same to all three of these stresses. It goes into what is called "fight or flight" mode, and when we are in a stressed state the body doesn't heal or recover well.

Every human has and deals with stresses in life, but for LD patients even small stresses can make them feel that they simply can't deal with or handle them. When a body is healthy it has the ability to cope with stress and eventually feel better. But we must honor the fact that when we are sick and run down, our ability to cope is very low. As I've mentioned before, even responding an email can bring on incapacitation. Hard to believe, but LD patients recognize the truth in this. These patients must focus all their energy on healing by not over extending themselves and reducing stress as much as possible. This may seem selfish to an extent, but once they get better they can return to taking on more responsibilities and giving back to others. Believe in the adage that you cannot help anyone else

until you, yourself, are healthy.

I also recommend a home treatment called Emotional Freedom Technique (EFT). This is an amazing technique to address the emotional components of disease and life.

Learn: [www.eftuniverse.com](http://www.eftuniverse.com) - you can download the mini-manual.

### Recognizing the Stress on Family, Friends and Colleagues

LD patients, as is true with most chronically ill patients, must recognize that their disease can have profound effects upon the members of their inner circles. These family members, friends, or colleagues can become frustrated with the patient and even believe that the patient is a hypochondriac. I was in this situation before I was sick with LD as I watched my father battle this same disease. I witnessed a person who was once motivated become someone entirely different. Not until I became so sick myself did I realize that situations soon become less than perfect, to say the least. When I was healthy watching my father suffer with LD I did not understand why he wouldn't get motivated and active. It is easy for a healthy person to judge another. A family member may never understand the suffering a person with LD is going through. As a family member or friend, try the best you can to walk the shoes of those who care about or work with you. As a patient, understand that they have no way to understand what you are going through or the changes you present to them. Relationships can bend or break with this disease depending upon the length and intensity of the symptoms. It has been estimated that 80% of chronic LD patients end up in divorce. Hopefully, this section will put some light on why that might be. If both sides recognize what is normal for LD victims and what to expect, relationships can be saved.

### Chiropractic Care

Chiropractic care is very beneficial for LD patients. Chiropractic care helps the body heal itself and function at a better level. Chiropractic care is especially important to help boost the immune system and to make sure that the body's nervous system is functioning well. Chiropractic patients on average have immune systems that are 200% stronger than non-chiropractic patients. After the infections are eliminated by Lymestop chiropractic care will help with recovery and I have seen many patients respond better utilizing chiropractic care as part of their recovery strategy.

Learn: [www.erlandsonchiropractic.com](http://www.erlandsonchiropractic.com) -- You can download a book I wrote on chiropractic care called "Why Wellness Works".

## Spirituality

Most people believe in God, or at least a higher intelligence or spirit. Personally, being a Christian I found my faith in Jesus was strengthened because it was the only facet in my life that gave me hope. It has been said that Christians are strong when they are weak. This means that when the chips are down we put more faith into Christ than ourselves. If everything is going great in your life then people tend not to rely on God as much. At my most hopeless and miserable stages, I was able to find a peace within myself knowing that if I suffered forever on earth I would still have eternal salvation. Even in times of severe sickness, it provided a rescue and solace for me. The opposite feeling of embracing one's spirituality can create a patient who feels that their own spiritual source of power has abandoned them and despair sets in. Recovery is an opportune time to reconnect with what you really believe. Often times when humans are at personal lows as they cope with chronic illness, they can conquer those low moments with growing spiritually. They can learn to rely upon God more than upon worldly things. This was certainly true for me as I rediscovered my connection with Jesus. We all walk our own unique paths in our spiritual lives, but finding some sort of spiritual self while dealing with sickness can be a beautiful thing in the long term.

## Preventing Further Lyme Disease

Because of the many vectors of the disease, prevention may or may not be possible. It should be noted that LD can potentially be transmitted sexually (LD is a cousin of syphilis), mother to fetus, blood transfusions, biting flies, and mosquitoes. LD tends to run in families where typically in a family of five, two or more may have LD. This is probably most likely do to geographical location to wooded areas. Most infection relates to ticks as the main vector. Ticks, looking for hosts to ride upon, are typically located a few inches to feet from the edges of forests especially along walking trails. Deer and other mammals are preferred, but humans will do nicely for them.

Most of these ticks are disease transmitting, small and undetectable ticks in their nymph (teenager) stage and only the size of a poppy seed. Tick larvae (babies) are typically uninfected. Peak season for this is between May and September. Ticks usually go dormant when temperatures drop below freezing.

Ticks operate mostly by using their sense of smell. Ticks don't jump or fall from trees. Instead, they do something called "questing." That is, they climb to the top of a blade of grass or plant and stick their front legs up in the air, waiting for the

scent of a victim to walk by. If you find one on your head, then it crawled there. Their front pair of legs has what are called Haller's organs, which detect smell, temperature, movement and carbon dioxide. This is how they know that you are coming. And since it is well known that they like warmth and moisture, they are waiting for a warm, moist environment to call their home. Ticks are commonly found in the armpits, groin, and hair.

Tick repellants are recommended when walking through any woods or forest area or shaded, longer grass areas. Typically ticks do not prefer short or dry grass areas. There is an assortment of repellants, but I personally prefer natural products such as Avon Skin So Soft, Mercola tick repellent or essential oils like lavender, lemongrass, citronella, eucalyptus, cedar wood, and rose geranium. If you are in the woods or outdoors cistus tea has been shown to repel ticks in dogs. DEET is effective, but it is quite toxic in nature. Permethrin is also a very effective tick killer, but also toxic. You spray permethrin on your boots and clothing. It dries overnight and lasts for up to 6 weeks. Even though permethrin is toxic I recommend anyone who still chooses to hunt or go in the woods to use this product.

Staying on trails in peak season versus venturing into the tick areas is recommended. If due to profession or other reasons you need to go into these areas, wearing light colors and long pants tucked into socks is recommended. It is understood this is not always practical dependent upon weather conditions.

While outside, it is a good idea to do a tick check every few hours especially in infested areas. Should you find one, do not burn or squeeze it. Instead gently tug at the tick's head with a blunt headed tweezers until it releases its hold on the skin. Try not to crush the tick's body or touch the tick with bare hands. Otherwise you risk the chance of causing the tick to inject the infection into you. Swab the area thoroughly with an antiseptic to prevent infection. Trix tick lasso can be purchased on amazon.com and is the best tool for removing ticks. Do NOT use kerosene, Vaseline, Fingernail polish or a cigarette butt. This can make the tick shoot out lyme bacteria faster into the body. Once home after any outdoors venture, it is a good idea to shower, shampoo and wash and dry your clothing for one hour in the dryer to kill ticks.

## **Conclusion**

LD or any other chronic illness is a difficult path for anyone to go down. Just remember that the body is designed to self heal and that when the cause of a problem is removed the body will innately heal itself. If you have any questions feel free to contact me directly via email or phone.

Email: [benerlandson@hotmail.com](mailto:benerlandson@hotmail.com)

Clinic: 608-783-5768

Dr. Ben Erlandson

**FEES:**

Many of our patients had previously paid tens of thousands of dollars for consultations, testing and treatment – which often continued for years. Unfortunately, this major investment of time and money often did not produce significant, long-term results.

Our goal is to help you achieve the best possible results in the most cost effective and timely manner. We strongly believe in treating you the way we would want to be treated.

When compared to conventional Lyme procedures, we believe that you'll find LymeStop to be more comprehensive and relatively inexpensive.

The LymeStop/CBT Procedures include:

- Consultation and comprehensive LS/CBT examination
- 5 Office Visits to treat:
  - All identified Lyme-related infections
  - Any other infections and/or allergies
- All nutritional support for 3 months
- Your followup re-examination with any necessary treatment

Total Fee for the above services: \$3,100\*

\* A \$500 non-refundable deposit is due at the time your appointment is scheduled. This amount will be applied to the total cost of your care.

There are no fees for blood tests or other lab testing since they are not required for LymeStop treatment.

There are no insurance billing codes for LymeStop procedures. We are therefore unable to accept any type of insurance as payment. Payment in full is expected at time of service. We accept cash, checks, Visa and MC.



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5. [http://www.lymedisease.org/resources/pdf/testing\\_inaccurate2.pdf](http://www.lymedisease.org/resources/pdf/testing_inaccurate2.pdf)

## **Websites:**

<http://www.lymestop.com>  
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