

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 thousands of 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. Less than 10% of patients with LD report a bull’s eye rash in our clinic. 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, protomyxzoa, 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) or bioresonance palpation. 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 five sessions that can be administered twice a day or over the course of two weeks. Following these treatments, some 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 \$3,200, 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

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*, (1st 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 "DrBenErlanson16" 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

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
www.lessemf.com
www.slt.co/
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 - 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 --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

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: \$3,200*

* 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.

References:

1. <http://owndoc.com/lyme/multiple-sclerosis-is-lyme-disease-anatomy-of-a-cover-up/>
2. <http://www.als-cure.com/als-lyme/als-patients-infected-with-lyme-bacteria-borrelia-spirochetes/>
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4. <http://www.als-cure.com/als-lyme/als-patients-infected-with-lyme-bacteria-borrelia-spirochetes/>
5. http://www.lymedisease.org/resources/pdf/testing_inaccurate2.pdf

Websites:

<http://www.lymestop.com>
<http://www.ilads.org/>
[http:// www.eftuniverse.com](http://www.eftuniverse.com)
[http:// www.erlandsonchiropractic.com](http://www.erlandsonchiropractic.com)

Books:

Buhner, S. H. (2005). *Healing Lyme: Natural Healing and Prevention of Lyme Borreliosis and Its Coinfections.*

Horowitz, R. (2013). *Why Can't I Get Better?: Solving the Mystery of Lyme and Chronic Disease.*

Vanderhoof-Forschner (2003, 2nd Ed). *Everything You Need to Know About Lyme Disease and Other Tick-Borne Disorders.*

Weintraub, P. (2009). *Cure Unknown: Inside the Lyme Epidemic.*

Movies

Under Our Skin (Director's Cut), Andy Abrahams Wilson.

Patient Testimonials

"Before starting LymeStop my general health was very poor. I had gained about 15 pounds in a year as I was eating to try and keep up my energy. With zero energy I found myself napping often and with each physical task I had, my right hand shook often. I hadn't heard about LymeStop before and I wasn't aware that I had Lyme at the time. I heard about a lady that also had no energy and seeing Dr. Ben had changed her life.

As a result of a gluten free diet, I am now losing weight. I now have more energy and take only one power nap a day after treatment. People have also asked me if I got new glasses as my eyes were brighter. I would definitely recommend LymeStop to others. People are skeptical, but I wanted to be treated for what the regular medical community couldn't diagnose or help me with.

Being treated by Dr. Ben changed my life. The office staff is great. It was a Godsend."

--Leslie H.

"Dr. Ben,

I will say that I am currently beginning to be amazed. My joint pain is gone. Completely. I had not realized how much pain I have been living with for 18 years; it is amazing what you can get used to! My brain fog is gone. My headaches have almost completely subsided. My energy and stamina are up. My constant bloating is gone. The emotional roller coaster I have been on for 18 years has calmed down. I'm still maintaining my diet; I don't know if I will deviate from that for a while if ever.

When I first came to you, I would describe myself as open but not real hopeful. I had tried what seemed like zillions of "treatments" over the years, many of them recommended to me by enthusiastic friends. Nothing. At this point, I just wanted to try it so I could say I did, but I was not really expecting much of anything to happen. But in the last month or two, I have finally really noticed dramatic improvement. Even so, I'm so overly careful about such things that I'm still going to give it a year before I become officially excited. Just my personality. I have told exactly 5 people about my experience; it just came up casually in conversation. Now there are 6 people who say that they will be contacting you soon. I believe one already has an appointment. I must admit that feeling the way I do after so long has been strangely disorienting. It sounds odd, but it will

take some adjusting; I'm just going to take it slowly for now. But, I wanted to thank you and let you know how things are going for me. I shall keep you both in prayer!...Barry

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day that says, "I will try again tomorrow."

--Barry P.

"I am a very fit, active, healthy 38 year old that in one week became very ill. The week I became ill, throughout the week I was gradually having more pain in my back, extreme fatigue, and became increasingly confused. I am a high school teacher and the school year was nearly over, so fatigue is very common, however the other symptoms seemed strange. I knew I was in trouble and scheduled an appointment at the urgent care clinic. On the way there I nearly passed out. The doctor dismissed my case as hypertension and sent me home even though I could hardly walk at this point. In the middle of the night I woke up shaking uncontrollably because of a high fever near 104. My wife drove me to the emergency room where I was given two bags of IV fluid as well as antibiotics. The doctor gave me several blood tests and treated me for anaplasmosis. This diagnosis is only based on symptoms because all of my bloodwork from came back saying I had nothing wrong with me. However even the doctor in the emergency room said that many people do not show any "markers" in their blood. I was treated with antibiotics from my doctor for 20 days. The inability of mainstream medicine to diagnose and treat lymes and other tick infections drove me to find as many answers as possible. Reading Dr. Ben's own testimonial about his struggle with lymes gave me the confidence that I could trust him with my care. I scheduled an appointment with Dr. Ben to see if the LymeStop technique would work for me. Before the treatment I was only able to function at about 60%, since going to Dr. Ben I am at least 90% recovered and have a lot more energy. Other people I have talked to with the same diagnosis have not improved this much in one year, where I have greatly improved in less than two months with one LymeStop treatment. Dr. Ben tested me again and I am free of any lyme strains. I attribute this quick recovery to eating well, probiotics, and the treatment. I have told anyone who I know is struggling with lyme about LymeStop and encourage them to come see Dr. Ben. Thank you for helping me recover so quickly."

--Al C.

"Before I started LymeStop, I was miserable. I had little to no energy. Most foods would make my stomach upset. I couldn't focus on anything and I even had to stop driving. All in all, I felt like my health was decreasing daily. I was a little skeptical at first since I had never heard of a treatment like this, but I had gone to so many other doctors prior and nothing had helped. My health has improved so much from LymesStop. I don't have to take naps everyday, and my brain-fog has cleared. I no longer have stomach aches, and my overall quality of life is better than it's been in years. Yes, yes, yes I would definitely recommend LymeStop to others as I have spent so much time and money over the years trying to improve my health, and LymeStop is the one and only thing that has worked for me."

--Allison G.

"Before Lymestop, I had come in with dry itchy skin. Nothing I tried would clear it up. I would wake up 3-4 times a night because of how itchy I was. I would have tried Lymestop sooner, but I had no idea that my problems stemmed from Lymes disease at the time. As a result my skin no longer bothers me and I have formed healthier habits, especially with the way I eat. I would recommend Lymestop to others as it is a natural way to help your body heal itself."

--Daniel O.

"Prior to LymeStop, I felt like I was dying and wished I could. I was depressed with brain fog, making daily household tasks difficult. In my children I found some pleasure, but mostly work. I had no energy, severe joint weakness, and muscle aches.

I hadn't heard of LymeStop prior to my treatment. It created a complete physical change. I enjoy my family now, I feel like life is worth living and I don't let everyday stressors get me down. I can actually walk without the fear of falling. I would definitely recommend LymeStop because it has changed my life so much.

I just want to thank Dr. Ben for what he did for me."

--Shelley J.

"Before Lymestop my health was debilitating with overwhelming fatigue, joint pain, anxiety and other debilitating symptoms. I reached a point of hopelessness, feeling like a spectator in life, watching everyone else live while I merely existed.

I was already being treated with other herbs, but they didn't seem to be working as well as previously. I continued them for about 9 months after being told about LymeStop when I finally realized that I needed to change my treatment and was

able to get in to be seen fairly soon.

After treatment I have the ability to move and do more things I enjoy. The ability to think more clearly and comprehend my creative abilities like quilting, writing, and gardening have returned! I believe in the technique. The concept makes sense and I have major improvements in my health! The most improved area in my body is the ability to move and do things with increased stamina.

I thank God for Dr. Erlandson and this technique. I believe I have been helped so I can tell others about Dr. Erlandson, and hopefully they will receive help before they have to suffer as much as I did and go through all the pain and suffering I went through."

--Pamela L.

"My health was extremely poor. I struggled with headaches, stomach aches, chronic fatigue, acne, bloating, brain fog, and digestive issues. Many of these symptoms were correlated to food sensitivities. My sensitivities were only getting worse until I began seeing Dr. Erlandson! He had discovered lyme disease was likely causing my issues with food.

I did not know LymeStop existed prior to seeing Dr. Erlandson. I also did not know lyme disease could cause problems after antibiotics, especially food sensitivities. I am no longer experiencing fatigue or brain fog from any foods. Almost every food gave me those symptoms when I began the LymeStop treatment a year ago.

I've recommended it to dozens of people with lyme disease because it has changed my life and made me feel like myself again! This has impacted my life so greatly that I am now intending to pursue a career in natural health care."

--Derick P.

"Before my son and I started LymeStop, I was run down in constant brain fog and achy. My son was having some behavior issues, weakness and sleeping more often. I couldn't even function most days as a stay at home mom of 2. My son used to be able to make it across the monkey bars but hardly could anymore. I initially hadn't heard of LymeStop right away and the drive and cost were concerning factors.

I didn't realize how terrible I felt until I realized what it felt like to be "normal" again. My son can also go across the monkey bars over and over again. I absolutely would recommend LymeStop to others. I have energy that keeps me

going all day. I can do things I haven't been able to; like working out, working in the garden, having clarity and energy again. My body feels healthy. Had I known about LymeStop, I would have made this our first choice rather than trying other things that weren't effective like detoxes and mainstream medicine."

--Karla F.

"Prior to my LymeStop Treatment in March of 2016, I was diagnosed with a low ejection fracture rate. I was 30 lbs heavier, tired, sore and overall not feeling well. I was not aware of the program until my wife had brought it to my attention. I stopped drinking right away and started eating organic foods. I increased my exercise and included a trainer. I would very much recommend LymeStop to everyone. In one year my heart strength has doubled and I feel great."

--Mark T.

"Prior to my LymeStop treatment in May of 2016 I unexpectedly passed out one day. As a result of that, I had numerous ER visits. I had numbing and tingling and was so tired all the time. I had lots of different tests, x-rays, CT scans, and an MRI. Everything came back normal, yet I continued to not feel very well. A friend told me about a doctor in PA that treated lymes and I started going to him, driving 10 hours one way every 2 months. I was diagnosed with lymes and started antibiotics. After 4 months of side effects and not feeling better, I started asking around for other options.

I had never heard of LymeStop before. After talking to some friends, I was ready to give it a try. I had my 6 treatments, (2 a day) and went home with vitamins and a special diet for 3 months. Within a week I was noticing a change already. After having headaches almost constantly for several months and always feeling tired and having aching legs all the time I was feeling much better. My outlook on life has been much better. I feel like getting out and working in my flower garden again. Last summer I had no energy for that and this summer, I'm out there almost every day.

I would most definitely recommend LymeStop to others. The natural way of treatment is so much better than taking antibiotics.

I also have the energy again to take care of my family of 6 children. I am very grateful and thankful to Dr. Ben for his part in making a difference in my health. Without lots of prayer and God helping me and then what Dr. Ben did, I don't know what I'd be like. May God bless him for his work."

--Mary U.

"Before LymeStop I was always tired and didn't feel good. I'd get pale and almost faint a lot. Several times my lips turned bright blue so I've doctored but couldn't find anything wrong. My heart felt like it skipped around sometimes and at night I wouldn't sleep properly.

I didn't realize it could be lymes until my regular chiropractor suggested that it probably was. Since treatment, I am not as tired and my head has cleared up. I don't feel yuck, pale or like I am going to faint anymore. I would recommend it to others because I feel so much better!

I am so happy how fast I responded! Within the first three months, I was almost completely better."

--Shandra L.

"My health before LymeStop was very poor. I pretty much had every single one of the symptoms. The worst one was memory loss. That scared me as I felt like a rapidly dying old guy in a 21 year old body. It was really discouraging and stressful. I hadn't heard of Lymestop prior to my treatment.

I had close to an absolute transformation. I had forgotten completely what it was like to wake up ready to go in the morning. After getting treated, I felt as if I had wings. I would recommend LymeStop to others. It completely changed my life in a physical sense, even though it was affecting my spiritual walk with God. It was an amazing switch from what I was to what I am.

I have learned a different respect for life. I have new perspectives and pity for those who struggle with this."

--Mike M.

"Before coming to Dr. Erlandson I struggled everyday with fatigue, headaches, lack of focus, and food sensitivities. Everyday it was a struggle to stay awake in classes and it wasn't uncommon for me to be sleeping while in class. I never knew about this technique until one day my mom's friends told us about Dr. Ben and what he had done for her.

After the treatments now I don't fall asleep during class or have problems with my food sensitivity, headaches, or lack of focus. Overall I feel a lot better!

I liked how he gets tot he root of the problem and doesn't just put me on medicine for something. I highly recommend coming to Dr. Ben to anyone having health

problems.”

--Trece F.

"I was tired all the time. Even after 8 or 9 hours of sleep, it was still hard for me to get up in the morning. I felt I had to drag my feet to work. I had no energy for exercise and try to avoid social events. Every time I would ride in the car with my husband, half of the trip I would be sleeping. I didn't realize I had health issues, but just being stressed out by owning a business. I also thought my age just reduce my energy and motivation for exercise.

It has totally amazed me that how much energy I have now. I can go out and do things with my husband and be more efficient at work. My vision has also improved a lot. The best part, I didn't take any medication for this, which always has some nasty side effects on our bodies. I'm very thankful to have met Dr. Ben and for his abilities to help people."

--Lucy L.

"I have had years of problems with my breathing. I had my first appointment with Dr. Ben about a year ago and symptoms changed right away and have kept getting better. I have had two check ups since then in a year. Before trying Dr. Erlandson I went to my medical doctor and was prescribed two inhalers that I had to use everyday for many years. Now I don't have to use the inhalers anymore and my breathing is back to like it was when I was young.

It has been great now to have my problems anymore and not have to use my inhalers. I thought this was a progressive disease and now I am back to normal!"

--Bruce S.

"I was tired and would wake up at night. I had symptoms of a diabetic and needed to modify my diet. My blood sugar was high and I urinated more than usual. My daughter was a success story with Dr. Erlandson, so I decided to give it a try.

Since seeing Dr. Erlandson my energy is better, and I get a great night's sleep. I have been working out more and I don't feel tired. I can add food back into my diet with no diabetic symptoms. I feel great! I recommend CBT because it is painless with no side effects and it was correcting the problems naturally. Dr. Ben and Kari are professional and great to work with!"

--Wayne S.

"I thought you might appreciate how my perspective has changed since last year. When I came to you before it was a last resort because conventional medicine had failed. God reminded me that He is the ultimate healer and can use any means He chooses, but I still had misgivings.

I've come a long way. When I was told I had appendicitis, conventional treatment was my last resort, frustrating the doctors. I immediately wanted alternatives to surgery, and you were on my list of possibilities. When I got another infection as a result of the antibiotics, I wanted nothing more to do with them.. but I had no idea what I would risk by delaying treatment. It was a great relief to come see you right away.

There's more than one way to evaluate any situation. I assumed I ought to have another stool test to be sure the C. diff was gone by any standard. But as I drove home, reflecting on that roller-coaster day, I realized I would have been better off if I could have gone directly to you when I had the pain and diarrhea, instead of starting with a conventional doctor. I decided the lab test may not be worth bothering with.

I'm so thankful doctors like you are offering treatments that work, even if the double-blind placebo-controlled studies haven't proven it. As this and other alternative treatments become more popular and available, I hope that someday they'll be practical options even in urgent situations."

"My health was very bad, I couldn't eat, sleep or breath very good at all. I had pain in my liver area and vomiting from mold exposure. I felt very nauseated all the time and very fatigued. I was referred to Dr. Erlandson by my chiropractor. I have had great results and have no more pain in my liver and I can breathe better.

I would recommend Dr. Erlandson because it worked for me. Everyone with disbelief should read up on this technique. It was great."

--Nancy C.

"Before seeing Dr. Erlandson I had been to traditional medical doctors, including several specialists, naturopathic doctors, spiritual healing, and numerous energy based healing practices. While it took me many years to find Dr. Erlandson I'm beyond grateful that I did. I suffered from chronic debilitating fatigue, joint/neck pain, weakness, headaches, brain fog, anxiety, and respiratory issues. Most days I was just getting by but not functioning at a comfortable or productive level. My days always required a nap and while I was getting 10+ hours of sleep it never felt like enough. My headaches and anxiety impacted me much more than I realized. It was only until after seeing Dr. Erlandson did I realize the full extent of

how unwell I was.

It took me a few years on my journey to wellness to find out about Lymestop, luckily someone I met through previous treatments told me about their success with it. Seeing their energy level and overall well being increase dramatically I knew I had to look into it.

My quality of life has not only drastically improved but years of just barely getting by I was able to thrive. At first changes were subtle, going through the initial 3 month treatment, but steadily I continued to improve and notice changes that impacted my everyday life. Within a few months after treatments I was able to exercise longer, sleep better (and feel rested), had less joint pain, and my headaches are non-existent.

Without a doubt I would recommend Lymestop actually, numerous family members have been to see Dr. Erlandson since they've seen how impactful the treatment has been for me. I was told by multiple practitioners that Lyme was something I would have to figure out how to live with and maintain. It wasn't until meeting Dr. Erlandson that I felt hopeful and saw results soon after treatments started.

Not only is Lymestop effective, it also provides a natural way to healing. You'll be more in-tune to how food, sleep, natural remedies, and energy can ultimately heal your body. Lymestop brought me back to life but also made me see how and what I was exposing my body to. I will forever be grateful for Dr. Erlandson, the beliefs and expertise his practice has brought to change countless lives.

Dr. Erlandson and staff, especially Kari, not only provided comfort and support during my visits to their office, but as a patient you can tell they truly want to help as many people as they can. Their kind and compassionate presence make the road to recovery that much more encouraging and hopeful."

--Molly J.

"I first saw Dr. Erlandson in May of 2017. The symptoms I dealt with that brought me to his office were brain fog and short-term memory issues.

Although I am very open to alternative methods of medical diagnosis and treatment, I left his office with a diagnosis of neurological Lyme, I struggled with whether or not I could trust it given method of muscle testing he used that was totally unfamiliar to me and seemed too simple. A few weeks later, I had the Western Blot blood test done to test for Lyme, and it confirmed Dr. Erlandson's diagnosis. I could have saved a few hundred dollars by trusting his earlier

diagnosis.

He treated me for Lyme, and its co-infections I carried, in October of 2017. The treatment itself was a breeze. There was no pain whatsoever. All I had to do was lay on a table, and sometimes stand, in his office while he "worked his magic." After the last treatment, I left with a three month plus supply of supplements to help my body put up its best fight, and guidelines to following the ketogenic diet he recommend for me for the next three months.

In the days and weeks after the treatment, while I stayed on the diet and took the supplements, slowly, but surely, my mental function returned to normal. I even benefited in ways I didn't expect, such as tendinitis in my elbow went away. I think this may have been due to the diet I'm not sure. At my three month check up, Dr. Erlandson confirmed that my Lyme was gone. This was awesome news!

I would definitely recommend LymeStop for anyone who suffers from Lyme disease, acute or chronic. As I would be loathe to pump massive amounts of antibiotics into my body as Western medicine would advise, I feel so blessed to have had this effective and superior alternative available to me.

That is my testimony, Dr. Erlandson and Kari. You have my permission to use it with whomever and however you wish. If you need my actual signature, let me know, and I'll print this, sign it, and mail it to you.

Thank you for taking good care of me!"

--Lori B.

"My whole life I have always felt "off". I never had the stamina of other kids or felt well. I was constantly sick and had a general feeling of dis-ease. This lasted my whole childhood and into adulthood. I spent years in doctors offices but no doctor could figure out what was wrong with me or give me the answers I so desperately longed for.

When I became a parent my health became my number one priority. I had to be well in order to care for myself and my children and be the parent I wanted to be. I actively pursued a wellness lifestyle. I found a chiropractor, ate well, worked out, etc. but still felt unwell. I had started hearing about Dr. Ben during these years and although I was interested I felt like I needed to try doing everything I could locally with my local chiropractor who specialized in nutritionals.

A few years went by and although I had some gains with my health I was still struggling. The year before I started the LymeStop protocol my health had hit the

lowest point of my life: I had dropped 20lbs. unintentionally, I could barely make it through a day without a nap, I had no energy, I couldn't play with my kids, I was constantly in pain and fatigued, I felt like I wasn't absorbing my food no matter how well or how much I ate. I felt like I was was dying.

After years of nutritional after nutritional product that never seemed to give me the results I had been looking I was fed up. In a one-month period I found myself surrounded by people who had gone through Dr. Ben's LymeStop protocol. At least half a dozen friends all told me their testimonies within that time and I finally decided to make the two-hour trip and try it.

The day that I met Dr. Ben was the day my life changed. He explained that I had Lyme's disease and probably have had it since childhood. This was the answer I had been searching for my whole life. The reason I wasn't like anyone else. The thing that had kept me from living. And now I had the treatment to be rid of it forever! I started my treatment and my life has not been the same since.

Since my treatment, I have never felt better! I have energy! I am able to play with my kids. I am able to chase my dreams. I am able to do the things I love to do. I am able to live my life again! I have gained weight and finally feel normal. I am absorbing food and feeling full and nourished. It's hard to put into words exactly how much my life has changed. All I know is that I'm LIVING again!

I would highly recommend this treatment to anyone who is going through life feeling like nothing is working. There is hope in this treatment. We are currently in the saving process to be able to put my husband and our son through treatment. It was devastating to hear that our son has the same illness and it is heart-breaking to know he is going through the same things I did. Yet, I am thankful that this treatment is available and that, in time, he will get to live a better life than me. It can be scary to make the investment into this protocol but from my experience it is worth every penny and we are impatiently waiting to be able to give our son the gift of wellness he deserves. I'm so thankful for Dr. Ben and what he has done for my life and my family. Pursuing the LymeStop treatment was the best decision we've ever made."

--Kait B.

"My health was very bad, I couldn't eat, sleep or breath very good at all. I had pain in my liver area and was vomiting from mold exposure. I felt very nauseated all the time and very fatigued. I was referred to Dr. Erlandson by my chiropractor. I have had great results and have no more pain in my liver and I can breathe better.

I would recommend Dr. Erlandson because it worked for me. Everyone with disbelief should read up on this technique. It was great."

--Nancy C.

"July 3rd, 2015 was the day that I woke up with intense and excruciating joint pain for the first time. It was also the day that changed my life for forever. That day I started with joint pain that would radiate through my shoulder blades, my elbows, my hips, my knees, and my ankles. During the rest of the summer of 2015 this joint pain would show up for about 3-4 days and then it would go away for a week and then come back again. Since the pain would be on and off I just thought to myself that it wasn't anything too serious. Then when fall rolled around, I went back to college and started my Junior year and 2nd semester in Nursing School. This is when the joint pain started to become a constant and everyday annoyance, but to my surprise became the least of my problems because this is also when all of my other symptoms of Lyme's Disease arrived. Alongside the constant joint pain, every single joint in my body now tingled and it felt like bugs were crawling inside of them. Other symptoms included constant fatigue, inability to sleep, waking up drenched in sweat every morning at 3 A.M. like clockwork, episodes of dizziness and fainting, extreme headaches, Gastroenterology issues, and hot and cold flashes. After these symptoms started, I finally decided to go to my doctor, which didn't get me very far since they told me that all of these symptoms were "just in my head" because all of my blood work came back normal. Being a nursing student and having trust in doctors and healthcare, I believed the doctor and just went back to dealing with all of these symptoms, but again to my surprise I just kept getting worse and worse. I was not only dealing with "old" symptoms, but now new symptoms started to pop up. These included extreme anxiety, depression, horrible brain fog, shortness of breath or "air hunger," and short term memory loss. At this point I knew I needed to find help, and Dr. Erlandson and LymeStop was the answer.

January 2017 was when I started my LymeStop treatments, and the only thing that kept me from going to LymeStop and Dr. Erlandson sooner was just not really knowing that this kind of treatment even existed. My overall health and quality of life after LymeStop is a complete 360 compared to my health and life before the treatment. For the first 3-4 weeks after the treatments, my symptoms did get a little worse, however by week 5-6 I started to become a completely different person. I now have energy to do everyday tasks such as getting out of bed in the morning, doing my laundry, etc. which were tasks that completely drained me before the treatments. I can also think clearly again and have just become my old bubbly, positive, and happy self, which was covered up for 2 years! Lastly and most importantly, I was able to get my first nursing job and practice nursing in the hospital, which I know I wouldn't have been able to physically, mentally and

emotionally do without the help of LymeStop. I will forever be grateful for Dr. Erlandson and LymeStop, and would recommend and have recommended LymeStop to anyone who has experienced any of these symptoms. Not only did LymeStop work, but it is also all natural. I was on antibiotics for a year before LymeStop and they didn't help me at all, they just made more symptoms for me instead, so for LymeStop to be all natural is another reason I chose to go with this treatment option. Overall, LymeStop made me love and enjoy life again, and I am so lucky to have come across Dr. Erlandson and LymeStop."

--Breanna H.

"Over sometime I noticed a gradual decrease in energy and stamina. I have always been an active person working hard and often getting little sleep. Suddenly I found myself always tired even when I got 8-10hours of sleep per night and a nap in the day. My symptoms worsened with brain fog and fatigue making it nearly impossible to keep up with my work at times. This is when I heard about Lymestop and decided to give it a try.

First thing I noticed after treatment is I felt mentally clear. The fatigue began to lessen and by 6 months post treatment I felt better than I have for years. I often come home now after a long day of work and comment that I hardly even feel tired. The difference is unbelievable, thank you!

I highly recommend Lymestop because of how it helped me. I hate to think of where I might be if I had not found out about this treatment."

Ivan J.

"Before Lymestop I was fairly healthy but had issues I couldn't figure out. I had chronic headaches, migraines, and lots of digestive issues. I also had lots of constant pain in my neck and shoulders. I saw Dr. Ben and he used CBT technique on me before he was done with his Lyme training. Then he tested me for Lyme.

Now I rarely get migraines and a lot fewer headaches. I don't have digestive issues anymore and the pain in my neck and shoulders is gone most of the time. I would recommend Lymestop to others and I do often! It is the only thing that helped me figure out and get rid of my migraines and GI issues.

I felt like a mystery case until I saw Dr. Ben. After trying every other method I could think of, Lymestop gave me the most relief."

--Janae K.

"I was tired I could not do my day to day chores. My muscles were tired, walking felt like I had been walking for miles. I had no patience for my kids and had no energy to feed or play with them. I didn't know I had Lyme.

I no longer need to take naps I'm back to a normal schedule. Sitting and playing with my kids, happier, and looking forward to daily challenges of farm life. I feel like Lymestop was safe and effective along with the diet."

--Ann K.

"I was very tired, no energy, a lot of anxiety and nervousness sometimes almost to the point of collapsing.

My central nervous system is better, I have more energy and I am not so tired all the time. I would recommend Lymestop. I got treated and got results from other infections also.

Thank you for all it did for me, God bless you."

--John M.

"I had no energy, body aches, headaches and just felt like I couldn't get simple projects done in a day. I was sick all the time, going to different doctors for my skin rash, being put on different medications.

Since Lymestop I have lots of energy. I feel rested when I wake and have no headaches. My foggy mind is gone. I would recommend Lymestop to others because I feel amazing. The diet changes and vitamins are something I needed. My skin rash is gone and I feel great!"

--Stacy M.

"Everyday my health was getting worse. Months going on years of brain fog, I felt disconnected from the world. I had sinus problems, mold, grass, and pollen issues. I was tired all the time, headaches, fatigue, forgetfulness, blurred vision and lots of moodiness. Dr. Ben gave me life and my health back of all the health problems I mentioned above. I am about 90% better now and have had to heal my body and I will soon be back to 100% better.

I would recommend Lymestop, Dr. Ben saved my life. I feel like I've been given a second chance in life. I feel the best I have been in years. Dr. Ben's technique is so effortless its unreal. The whole staff was great to work with they're kind and caring. Thank you."

--Duane P.

"When you have an invisible illness it's hard to explain to someone who doesn't have a clue.

It's a daily struggle being in pain or feeling sick on the inside, when you look fine on the outside.

-Unknown

Our story...

It all began about a year after our beautiful wedding day. We lived nestled in our cozy house in the tall woods, life was good! The family dairy farm was just down the road and I would often walk over to go ride with my husband to help him with his work, then things started changing...

It was November, only a bit over a year after we were married and he was involved in an intense remodel project, working very long days and all through the night trying to get it finished by the deadline. A month after the project got completed, his brother left for a mission for the next two years. So my husband and his dad had the farm to themselves. And that year was a drought year, so we were flat out trying to make ends meet... he would work 90+ hours a week (looking back he says he never felt the same after that project).

Fast forward three years later, we both realized he was completely exhausted with life. After wanting to sleep, waking up with zero energy to face the work that needed to be done. Depression being forced to work while having no energy it felt like extreme laziness! It was depressing to the point of not wanting to live. Social life was a struggle, it was difficult to keep a conversation, and in general social functions just were not enjoyable. Simple things such as putting his socks on felt as difficult as climbing a 70ft silo. He struggled with brain fog down to the nitty gritty. From people's names, to not remembering a bible reference, to repeatedly not remembering if he had opened the gate for the cows and having to go back to check. What was frustrating was having a list of jobs that needed to be done and not being able to figure out how to get it all accomplished. Every few months his back pain would flair up a few times laying him flat out for a week at a time, leaving me with most of the chores. We'd visit a chiropractor and it was a temporary help. He also struggled with infections. Simple scraps from farm work would get severely infected and would require antibiotics to recover. Nearly everyday he had low grade headaches. Anger set in, he was angry at nothing and everything. We discussed an occupation change that wouldn't require so much physical labor but we couldn't ever get anywhere. He was emotionally unstable. One time he found himself lying on a concrete floor crying. All the symptoms got worse so gradually that we didn't have a reason other than to try and accept it as

a new normal.

Then we started hearing this (LYME) word. We heard the simple symptoms of fatigue etc and decided to make an appointment with our medical doctor at our local Mayo Clinic. This was August of 2015. She right away did blood tests including a Lyme screening. She sent us home with 3 weeks of antibiotics because she thought it was definitely Lyme disease. For two days of antibiotics he felt like a new person, more energy, no headaches and simply feeling great! Then all the ugly symptoms came back again but worse than before. In the mean time all the tests came back negative. We made another appointment with our doctor as why he felt so good for a few days and then it went back. She said feeling good from the antibiotics could be results of the anti-inflammatory in the antibiotics and blamed his symptoms on stress and improper sleeping habits. So now what??

Somewhere in there we were able to purchase new work equipment along with his brother coming home from his mission, there now wasn't as much work pressure, he thought he would surely be feeling better but he didn't. That is when we realized that there was something majorly wrong.

May 2016 I visiting my mom here whose son has Lyme disease and she was talking about his symptoms. I came home and told my husband he still had Lyme disease. We started looking at other health care routes. He started an herbal antibiotic, two of his friends had help from that. Things start changing he would have days where he was feeling good. A month later we switched to a more complete herbal antibiotic Lyme protocol from a doctor in Texas, Dr. Cowden. In the meantime we wasted our money on the Western Blot test which was supposedly so accurate, it also came back negative. The Chiropractor that did the testing suggested that the high bacteria in the results was due to dental problems... chronic fatigue, brain fog?? Befuddled. His days of feeling good were increasing but very slowly. For 3 months now his symptoms the majority of the time were twice as bad as before which is expected as the Lyme is being killed off.

July 2017 it felt like he was at a plateau, he wasn't getting any better. Our sister in law mentioned a doctor in Onalaska, WI that really helped her. We had heard of him, but his technique sounded very unique and we were a little skeptical. But we felt desperate. So we booked appointments and through his testing he told Phillip he still had Lyme really bad. Philip had treatments in August 2017.

July 2018 after 6 years of living with Lyme our lives are so different it feels like I needed to find out who I am and what my place in life was again. It has been one year since my husband had his Lymestop treatments. I can honestly say our lives have miraculously been turned right side up. I have to admit I never imagined our

lives to return to “normal”. I never imagined that I would someday ask my husband if he needed help with chores and have him answer me with a smile on his face and say “why don’t you stay inside tonight.” I knew he was mentally and physically strong enough to manage. That night it brought tears to my eyes. I watched him run down to the barn and watched him skip steps up the stairs. He leaves to go do chores with a smile and a cheerful goodbye. I watch him come in from chores with a smile on his face wondering how my day was. He doesn’t need coffee to stay awake in church anymore and he loves social functions again. And my biggest relief is that he has his mind back again. His depression and suicidal thoughts are totally gone. His spiritual confusion is gone, his fatigue is gone, and his energy is back. We have family devotions again, he reads stories to his little boy and the anger is gone! He doesn’t need me to remember everything for him anymore. He is able to take charge and handle situations on his own. Never a day goes by that I thank God for this huge miracle.

Two days ago I heard Philip telling a friend “Starting with the first treatment, things started getting better. The biggest things I noticed right away is my mental issues were not nearly as bad. As far as physically, I noticed a really big change right away. I had two days of feeling so much better than I ever thought possible to feel. It was just fun running around working and stuff. I could run across the yard and it felt like I was gliding. Nothing rattled or jarred like it used to. After treatment when the rubber hit the road I still struggled with fairly bad fatigue but even that is getting a lot better. I’ve had quite a few days that I feel 100% better. We understand it could be several years before a full recovery, but we’re very happy with how quick I have recovered so far.”

--Philip J.

"I was motivated to seek Dr. Ben’s help when I began to read the testimonials written about his practice and the techniques used to combat Lyme and its associated infections. I had learned about his methods from a friend who had good success with those techniques while battling Lyme. His book, personal story and LymeStop papers described my symptoms almost exactly and they prepared me well for what I was to experience. I would also like to thank Dr. Joe Erlandson for his excellent advice and recommendations prior to my treatment schedule. Roughly said, Lyme disease is hell. Most people, me included, are misinformed about Lyme and have spent a lot of money searching for answers and solutions to their symptoms and condition. I am happy to say I have found both answers and effective treatment for my disease.

The most far-reaching effect of my treatments, my ongoing recovery and follow-up is a lifestyle change and a new understanding of health and well-being. I would be far less along in my recovery if permanent changes in my lifestyle hadn’t been made.

I am not a health professional but would humbly make these recommendations for any current and future patients. Prepare well in advance of treatments:
Seek and/or continue quality Chiropractic care
Change your diet permanently to promote the best chance for healing and ongoing health
Use whole food supplements to aid your nutritional needs
Exercise daily, with professional guidance, as your condition permits (I like Yoga)
Have a good support system of family and friends."

--Frank R.

"In June of 2016 I found a tick on my neck. I didn't suspect that it was there for any length of time because I had been in my garden. There are lots of deer in the woods behind our home. It was a Sunday so I went to urgent care. They didn't do anything. The next day I called my family doctor and he gave me a prescription for antibiotics. I took them and assumed I would be fine.

Three months later I began to have unusual symptoms. Prior to that I was in good health. I'm now 66 years old. But I didn't have any ongoing illnesses. The symptoms started with my feet starting to hurt. Since I never had that I went to a Podiatrist wondering what it could be. He diagnosed me with some neurological disorder. That same day I had the first of many migrating pains. In my case pain would migrate into a joint, muscle or tendon. For 24 to 48 hours it was excruciatingly painful. In two more days, it was 100% gone. Only to migrate to another location 3 to 5 days later. This continued for two plus years. I became very fatigued.

I went to the doctor's and asked for a Lyme test. The doctor told me I had taken antibiotics and was fine. I insisted on the test. They called me to say I tested positive for Lyme disease. As time passed more symptoms presented. I would eat certain foods and have sudden swellings in various places. Good healthy foods became a problem for me. Suddenly I had swellings that were red, hot and painful along with the migrating pain. I got a diagnosis of Rheumatoid Arthritis. I was afraid of what I ate because of the swellings. I started losing weight because I had trouble eating so many foods. It wasn't long until I was debilitated by the disease.

I went to a Lyme Literate doctor who gave me three months of antibiotics. That only made me sicker. I kept losing weight. I decided to try an alternative. It included a vegan diet and major detox treatments. For a few months I improved slightly. But suddenly the improvement evaporated and I was much worse. I had a swollen gland under the right side of my throat. I went to the elders of my church and asked them to pray with me. I told them I had a doctor's appointment the next day. I asked them to pray that God would use the doctor to

direct me. He suggested that I see a good dentist. The literature for the alternative treatment that I was doing suggested that you go to a good biological dentist. I found one. He had done some research into Lyme disease. He told me that I had 10 multisided mercury fillings and I could never achieve remission with that much mercury in my mouth.

He took great precautions removing the fillings. He even used oxygen so I didn't inhale any mercury. However, I still got worse. I had one tooth that had so many sides to the filling that it was painful. I went back and when I told him I was worse. He did a 3D s-ray. He found that I had a space where I never got a wisdom tooth that filled with infection and was in the bone under that tooth. It was just above the area where I had the swollen gland. He did surgery that day to take care of everything. He told me about LymeStop. I asked him if he had any first hand knowledge. He didn't. I was desperate because I had been so sick for almost two years. My weight was below 100 at this point. I needed to do something.

I checked out LymeStop. I was skeptical because I'd never heard of anything like this. But I needed help. After calling and talking to Dr. Erlandson's wife Carrie was felt more at ease. I went on the waiting list and had appointments for June 3-6, 2018.

I went for the treatments. Within a week or two I noticed small improvements and changes. By the time I got to 6 weeks I had no more migrating pain, no strange swellings, my energy was back. My hands and feet improved some but continued to be a problem.

In September I returned for a final treatment. I was really delighted with my progress. I did have a slight relapse the week before the final treatment. But was pleased when I saw the doctor to find I had no more evidence of Lyme. He found a virus and a lingering mycoplasma infection. Both were treated. It has just been 8 days since that last treatment. I am very pleased because that final treatment jump-started my recovery. I've noticed that the RA in my hands is dramatically improved and my feet are starting to improve too. Healing takes time. But I'm stronger and improving all the time. I would strongly recommend LymeStop to anyone who is suffering with Lyme disease. It has restored my life to me."

--Cathy R.

"I had a weird ring in my ears 7 years ago, I didn't go to the doctor because it went away in a few days.

A few months later I had whole body tingling with severe head and neck pain that wasn't going away with chiropractic adjustments or pain killers. I went and had a MRI and they showed lesions and I was diagnosed with MS and was put on \$150

shots at one a day. I was getting worse and not better. The whole time I was researching and thought I had Lyme. I heard about Lymestop from my chiropractor as soon as I could get the money and pay for it I made the appointment. The relief of my neck and jaw pain was felt the same day, actually it was totally gone. I came in with 39 symptoms and at my 3 month appointment I believe it was only 4-6 mild ones. It has been life changing. I have recommended it to my children and son-in-law and also a friends mother. So far two have done the treatment.

My health was terrible. I felt terrible now looking back brain fog most of the time, body aches, muscle aches, constant jaw and neck pain. I felt drained, anxious, and always “draggy”. I heard about Lymestop through another chiropractor/friend that had done it herself along with others she knew. The biggest thing that kept me from doing it was the cost. There was some doubt because I have tried other protocols and diets that didn’t work.

What changed immediately was my neck and jaw pain was gone. Then the brain fog, memory/confusion left. Then more and more of the chronic pain in my whole body, joint, and muscles along with constipation went away.

I would recommend Lymestop to others. Dr. Erlandson came across as Confident and informative. My physical issues are gone. I know the minors ones left will still get better to. Even though there was a cost and supplements I think they were important in healing and helping with issues."

--Kristine V.

"One year ago today, my husband had his first Lymestop treatment. I asked him this morning how much better does he feel today than he did a year ago and his answer was “tons!!!”

Prior to these last 365 days, he had some really really rough times and no one at Mayo Clinic Rochester or LaCrosse through all of his episodes could help him. Some days it felt like they didn’t even try....I seriously had lost all hope and wondered how much more I could handle as a spouse of someone who was just not nice to be around. There were many times throughout our marriage that I didn’t even stop to think he acted the way he did because he was sick but that because it must be his true nature.

One night during the summer of 2017, he had one of his rants or outbursts of which now I can’t even tell you what it was about but it was always over something very trivial. I went into another room, shut the door, got on my knees and bawled. I looked up and started talking to my Mom who had passed away just

months before of cancer. I said "see Mom, now you know the kind of things I have been dealing with! If you can hear me or have any pull up there, PLEASE help if you can for the sake of your daughter and grandsons." I also asked God to help in any way possible. I had reached my limit of dealing with his behavior. Well, the very next morning, I received an email from Daryl after he had gotten to work that said he had stopped at Kwik Trip that morning and ran into Mark who is married to Daryl's first cousin. Through the course of conversation, they both discussed their health problems they had been experiencing and Mark handed him a business card for Dr. Ben Erlandson. Daryl asked me in the email if I thought he should give it a try. After taking a quick look at the website, I said definitely yes because it would be worth the money just to find out if he did or did not have Lyme disease! Daryl printed out and brought home that night Dr. Ben's story from his website. As I read through it, I once again was in tears. But they were tears of relief and hope! I could so relate to what was in that story as a spouse trying to deal with a husband who just didn't seem to care one bit about anything.

I want to say THANK YOU for being the answer to our prayers!!! After years of Daryl dealing with "something" followed by 6 years of doctoring at Mayo, I don't think either of us thought we would see a day that there would be light at the end of the tunnel. Dr. Ben and Lymestop seem to have been that light and exactly what Daryl needed to get back on the road to good health!

Thank you to Dr. Ben and Staff from our family,"

--Diane V.