



### **Lyme Eats Junk Foods....**

Using antibiotics only serves to drive “Lyme Critters” deeper into the tissue, organs, brain and bone.....and may cause harm to the gallbladder. Using holistic/alternative methods and

protocols is influential to their demise. If you want to see results-**Stop Feeding Lyme’s.**

Your body can have mild to severe inflammation. “Lyme Critters” can affect our joints and our nervous system. DIET can relieve inflammation. Diet is vital.... “Lyme Critters” are known as bottom feeders and love feeding off garbage, known as junk and processed foods..

You can take charge of your health! These bugs choke on green drinks! Add Kamut, Chlorella, Spirulina or Wheatgrass to your morning drink.

Avoid all GLUTEN, SUGAR, ALCOHOL, SODA, DAIRY, ENERGY DRINKS, CAFFEINE, and GMO’s. EAT ORGANIC.....

Ditch all refined oils that constitute hydrogenated fats found in common peanut butter, candy bars, margarine, vegetable oils and shortening- setting the stage for inflammation.

Get the metal out. That means aluminum in pans, dyes and medications, lead in pipes, mercury in household products, fish, HFCS, cosmetics and in your mouth. See a Holistic Dentist.

## **SUPPORTIVE THERAPY FOR LYME:**

- 1- Sleep rejuvenates and releases toxins, don't get behind in sleep, or become overtired. Take naps when necessary.
- 2- Avoid caffeine, cigarettes or other stimulants that may affect depth or duration of sleep.
- 3- Absolutely no alcohol!
- 4- Exercises are required and should be initiated as soon as possible.
- 5- Avoid all sugar, soda, grain and wheat products, (pasta, pizza, cookies and cakes(gluten)) As stated above these are absolutes in order to heal.
- 6- Remove rBGH dairy and meat products.
- 7- Eat Plants First- add in generous quantities of green plants and fruits- high in fiber.
- 8- Certain key nutritional supplements may be needed. Choose Sugar free, Corn free, Milk free, & Wheat FREE **Probiotics and NT-FACTOR**
- 9- Commitment to be well! Want to learn more? Connect with me.
- 10- Avoid EMF's inside and outside of home.
- 11- Visit Dr Kalidas ozone therapy.
- 12- Some use wormwood, medical mushrooms, and Boneset (Eupatorium perfoliatum) comes as a tea. Add lots of green drinks as stated above.

Lee Cowden, M.D., of Fort Worth, Texas, has established what has come to be known as one of the leading chronic Lyme treatments of our time. Known as the Cowden Protocol, this series of treatments consists primarily of various herbal extracts, including Cumanda and Samento as well as hyperbaric oxygen treatment, ozone therapy, and other interventions. To learn more, we suggest you pick up the [April, 2007 issue of Townsend Letter For Doctors and Patients](#), a well-known and respected alternative health periodical which examined chronic Lyme Disease in the April, 2007 issue.

To learn more connect with Connie, [faces@vail.net](mailto:faces@vail.net)  
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**footnotes:**

<http://www.betterhealthguy.com/bioresource-2011-conference>

<http://www.lymebook.com/lyme-annual-report>

<http://www.swansonvitamins.com/nutricology-allergy-research-nt-factor-energylipids-powder-150-grams-pwdr>

poisoning with antimalarial drugs <https://www.ncbi.nlm.nih.gov/pubmed/3306266>

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