**CHRONIC LYME, POST-LYME and BABESIA ~ AN UPDATE;**
Herb and supplement support that can move one to health.

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**Best support is self-care, good rest, food, water, gentle exercise and taking time to simply be!**

(With deepest gratitude to Stephen Buhner for all of his labor and love in sharing his experience and research in helping those with Lyme~)

A community herbalist’s mantra~
*Care for the whole unique person; support emotional, mental and spiritual aspects & address stress.*

***In treating Lyme: it feels important to recognize that There is a spiritual initiation that may occur and be seen as a “silver lining” in the cloud of Lyme symptoms.*

**POSSIBLE STRATEGY IN SUPPORTING THOSE WITH LYME**

1. **Protecting endothelial structures** - especially brain and heart- stops bacteria from moving deeper into the body; reducing damage  
   A. *Japanese Knotweed* - best herb for this - 3x/day-¼-1/2 tsp extract or 1-4 tabs  
   B. Sida acuta- RBC integrity  
   C. Protecting Spleen- *Salvia miltiorrhiza* root (Red Sage)  
   D. Liver- Milk Thistle  
   E. EGCG also helpful

2. **Cytokine remodulators** - interfere with cytokine cascade  
   A. *Baikal skullcap* (Scutellaria baicalensis) with S milt. = parts- 1 tsp 3x/day  
   B. *Salvia miltiorrhiza* (Red Sage)  
   C. *Japanese Knotweed  
   D. Cordyceps  
   E. *Andrographis  
   F. *Bidens spp.  
   G. *Houttuynia  
   H. Milk Thistle

3. **Protecting and restoring collagenous structures**  
   A. Bone broth soup/ Deep Immune Tonic  
   B. Kudzu  
   C. *Echinacea angustifolia  
   D. Gelatin supplement- “Great Lakes”; 1 Tablespoon 1x/day  
   E. Selenium- 200 mcg/day  
   F. Vitamin C- 1-3 gm/day (eg. “Emergen-C”)
4. **Immune supportive herbs** - can combine extracts chosen

“THE IMMUNE SYSTEM IS THE BODY’S MOST EFFECTIVE WEAPON AGAINST THE INFECTION, MORE EFFECTIVE BY FAR THAN ANTIBIOTICS OR RIFE MACHINES.”

(Bryan Rosner – *Top 10 Lyme Disease Treatments*)

A. Cordyceps- 3x/da; 1 tsp- 1 Tbsp powder or ½ tsp extract  
B. *Reishi*  
C. Eleutherooccus - (1:5) tincture- ½ tsp 3x/day  
D. *Schisandra*  
E. *Tulsi*  
F. *Astragalus*  
G. *Ashwagandha*- powder ½ tsp AM and 1 tsp before bed  
H. Glycyrrhiza~ Extract: ¼ tsp 3x/day  
I. Uncaria tomentosa- 3x/day; ¼ -1/2 tsp extract or 1-4 500mg caps/tabs

5. **Herbs and supplements to protect and support healing of damaged structures.**

A. Brain-  
   1. Cat’s Claw ( *Uncaria rhynophylla*) and Lion’s Mane  
      *Uncaria rhynophylla* dose- ½ to 1 teaspoon tincture 2-3x/day-depending on severity of brain infection. *(Note: absolutely crucial during neuroborreliosis. SB)*  
   2. Kudzu and Salvia miltiorrhiza.  
   3. Tryptophan, 1500 mg 3x daily. *(Note: will lower brain inflammation and decrease a number of psychological/physiological symptoms.)*

B. Heart- *Hawthorne and Motherwort*

C. Joints- *Japanese Knotweed*

D. GI tract  
   1. Grapefruit seed extract  
   2. Klaire Ther-biotics (12 strains)  
   3. Wheat -free/ gluten-free, other food sensitivities to eliminate  
   4. Abdo-mends tea- from Jeans Greens; calendula, plantain, mallow…  
   5. Triphala tablets or powder daily

6. **Herbs/supplements to reducing specific symptoms**

A. Neck pain-  
   1. *Black cohosh*  
   2. Stephania root

B. Lymph congestion-  
   1. *Red sage- Salvia miltiorriza*  
   2. Red root- *Ceonothus virginiana*  
   3. *Calendula*  
   4. *Figwort*
5. Wild Indigo

C. Ocular problems-
   1. Stephania root
   2. Zinc- 25-50 mg 1x/day
   3. Blueberry concentrate/ solid extract- Herbalist and Alchemist carries

D. Fever-
   1. Cryptolepis- ½ to 1 tsp 3-4x/day
   2. Sida- for RBC protection 5-30 drops 3x/day
   3. *Boneset
   4. *Elderflower/ Yarrow/ Peppermint tea

E. Anxiety
   1. Pulsatilla~ 7 drops 3-4x/day
   2. Passionflower
   3. *Leonurus cardiaca
   4. *American skullcap (Scutellaria lateriflora) w *Blue Vervain

F. Weakness and Fatigue
   2. Strengthening Blood Tonic (this version from Woodland Essence):

      6 oz Lycium
      4 oz Ho Shou Wu
      3 oz Rehmania
      2 oz * Yellowdock root
      2 oz * Hawthorne Berry
      2 oz Jujube fruit
      1 oz * Nettle leaf
      1 oz Ginger root

      Take 14 ounces of this blend and add 1.5 gallons water. Simmer in covered pan for 1 hour, take off lid and continue to slowly simmer over low heat source till you decoct to approximately 1,600 mL (54 ounces) Strain.

      In a gallon jar place 24 ounces organic blackstrap molasses. Add 54 ounces of decoction into jar and finally 36 ounces brandy. Stir well. Yum!!

      Dose is 1-2 teaspoonsful 2x/day.

      If available- can add Lychee berries. 2 ounces.
      If want to move the blood- add 1 ounce Red Sage.

G. Musculoskeletal (joint pain)- for pain, muscle spasms, twitches, skin tingling/crawling.
1. *Filependula, Cats Claw, Devil’s Claw, Japanese Knotweed
2. Magnesium- 200-750 mg/day. To bowel tolerance~ can cause diarrhea. Magnesium citrate or glycinate most easily absorbed. BEGIN SLOW and increase to help reduce Herx reaction.
4. Fish Oil- 2-3x/day
5. CALM THE CASCADE FORMULAS: halting the inflammation in body and brain!

**CALM THE CASCADE FORMULA I**
- Dose- ½-1 teaspoon in water 3x/day

1 part Baikal skullcap
1 Curcumin
1 Kudzu
.5 Licorice root
.25 Cayenne
.25 Ginger

**CALM THE CASCADE FORMULA II**
- Dose- ½ to 1 tsp in water 3x/day

2 Baikal Skulkcap
1.5 Curcumin
1.5 Kudzu
1.5 Milky Oats
1 Licorice Root
.5 Ginger

Baikal Skullcap- cooling anti-inflammatory; anti-oxidant
Curcumin- mildly warming anti-inflammatory; liver support
Kudzu- anti-inflammatory; neuro-protective
Milky Oats- repairs myelin sheath of nerves; enhances kidney yin; cooling moisturizer; nourishing to hair, skin, nails; keeps one juicy!
Licorice Root- anti-inflammatory; liver support
Ginger- anti-inflammatory; enhance circulation

7. Anti-spirochetales
   A. *Andrographis- begin w 400 mg 3-4x/day for one week. If no side effects can increase to 3 -400 mg caps 3x/day.
   B. Agarikon (Fomitopsis officinalis) mycelium- by Host Defense 1 cap/day
   C. *Teasel root- 1-3 drops 1-3x/day
   D. Cat’s Claw, * Japanese Knotweed
   E. * Possibly Isatis root and leaf
**BABESIA**- Possible herb support for dealing with Babesia, a protozoa that compromises the health of the red blood cells and Spleen. The allopathic treatment is 2-3 antibiotics with Nystatin for the candida one is likely to get. I prefer the herbal way. This is my personal recommendation.

1. CSA- (Cryptolepis sanguinolenta, Sida acuta and Alchornea) 1 teaspoon 3x/day in water for 30-45 days; then 1 teaspoon 2x/day AM and PM.

2. Red Sage- (Dan Shen) -2 droppersful in water 3x/day for 30-45 days; then 2x/day.

3. Bidens formula- Bidens pilosa and Bidens frondosa- 2 droppers 3x/day for 30-45 days; then 2x/day.

4. L-arginine- 1,000 mg/day.

5. A Probiotic; also, kefir, yogurt or fermented vegetables such as sauerkraut to help encourage healthy flora in the gut.

6. Herbal support for Immune system. At local health food store or online. Possibly:
   a. Cordychi from *Host Defense*
   b. My Community mushroom capsules from *Host Defense*
   c. Immuplex- from *Standard Process*
   d. “Eleuthero Plus” formulated by Woodland Essence- (Eleuthrococcus, Schisandra, Leonurus cardiaca, Scutellaria baikalensis, Glycyrrhiza glabra)

First Chinese Herbs, Mountain Rose Herbs and Monteagle Herbs (in Canada) carry many of the herbs listed.

**NEURO-LYME**~ for Comprehensive information and formulary- See Stephen Buhner’s updated *Healing Lyme: Natural Healing of Lyme Borreliosis and the Co-infections Chlamydia and Spotted Fever Rickettsioses; 2nd edition.*

*More information on this will be covered in the Intensive and extensive handout participants will receive.*

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*May this information be used wisely and shared with compassion and caring for those suffering with Lyme and other tick-borne infections. And may we learn to listen to the still inner voice within that holds the answer to our deepest healing and renewed joy in life.*

*Starred herbs can be grown in your garden or wild-crafted in the Northeast.*