

The Herbs

Always take the herbs together with **Matrix Electrolyte** or ME (BioPure) for better absorption and transport of the active ingredients through the matrix to the cell membrane. ME also activates all functions of the ANS and improves trans-cell-membrane communication. **Freeze dried garlic** has a profound stabilizing effect in most symptomatic patients. It should either be taken immediately after meals on a full stomach (2-3 cap 3-4 times/day) or 2 caps should be dissolved in 1-2oz of water and taken away from meals.

1. BioPure PC Samento

(pentacyclic TOA-reduced energetically modified, ethically wild-crafted Amazon Cat's Claw):

In my work this product has shown the most consistent action against *Borrelia*, *Bartonella*, Ehrlichiosis, *Rickettsia*, mycoplasma and other co-infections. Herxheimer reactions are expected and may occur at any stage of the treatment (on the first day of use or after many months) and repeatedly. During the "Herxes" I recommend colon hydrotherapy, KMT lymphatic drainage, raw food diet, moderate exercise, drinking more water than usual, a massage and a nurturing environment.

Dosage: start with 4 drops twice daily (or 8 drops/day). Wait one week before increasing. If condition worsens, reduce dose. Sometimes patients initially tolerate only 1 drop/day (rare). Final dose: 2 droppers full/day

Contraindication: organ transplant immunotherapy. Don't use if trying to become pregnant. May interfere with blood thinning treatment

2. PC-Noni

(a concentrated energy-enhanced extract of Noni where the ingredients are made bio-available with a unique proprietary process)

It is in our experience the most reliable remedy to treat and eliminate intracellular microbes over time. This process is slow (months) and very rewarding. Several German practitioners have found this amazing property mostly with darkfield microscopy. I am not aware of unbiased published studies to confirm this. However, it is consistent with our ART findings and clinical observation.

Dosage: start with 6 drops twice daily and increase to a total of 3 dropper full/day for 1 year.

I suggest the each person makes a 1 liter glass bottle of filtered water in the morning and add the herbs for the day one by one into the bottle. Since PC Samento and PC Noni are also carriers for sophisticated anti-Lyme frequencies, the bottle should be succussed 50 times after introducing PC Samento and again after introducing PC Noni. If other herbs are added to the bottle both should be added last. The content should then be taken throughout the day and used up by bedtime. It is best to take our herbs away from food. PC Samento has to be activated by acid. Either add the daily dose of Rechtsregulat (acidic ph) into the bottle or take on empty stomach, when stomach-ph is low.

3. Artemisinin

has disappointed in our experience in the treatment of Babesia, unless given in very high doses: 1200-1500 mg/day given 3 days in a row, repeat after a 2 week break. This is the way the drug is used in China for treatment of Malaria. After the initial 2 courses a 2-3 day course should be given once/month

Contraindication: early pregnancy

The expanded herbal Lyme PDR

4. Andrographis paniculata:

Science:

- rapid excretion via kidneys
- **anti-spirochetal**
- crosses blood brain barrier
- protects heart muscle
- anti-inflammatory
- calming
- potent modulating effect on mast cell and neutrophil activity: turns off inappropriate mast-cell allergic reactions in tissue
- enhances liver function
- significant **protective** effects against inflammation-mediated **neurodegeneration** of brain, spinal chord and CSF

Other published positive effects:

- filaria
- leptospirosis
- malaria (suggesting strong effect against Babesia)

- decreases heart muscle damage after MI
- Hepatitis A and B
- tuberculosis
- tonsillitis
- pneumonia
- snake bites
- e.coli
- **herpes viruses**
- mumps
- **periodontal bacteria** (gum disease)
- AIDS
- cancers: prostate breast colon anal stomach skin melanoma leukemia

Dosage: 400 mg capsules standardized to 10% andrographolides
 Start with 1 cap 4 times/day. Slowly increase to 3 caps 4 times/day. Stay on this dose till Lyme sx significantly decreased, then slowly decrease dose.
 Stop during severe Herxheimer reactions. 1 year

Contraindications: andrographis lowers progesterone (natural contraceptive), pregnancy, and acute gallbladder disease

5. Polygonum cuspidatum (Japanese Knotweed)

Peer review literature/Science

Effective against:

- Leptospirosis
- Treponema denticola (spirochets in oral flora)
- Bartonella (Buhner)
- Many gram neg and gram pos bacteria
- Anti-viral
- Hepatitis B (and C?)

Other published positive effects:

- Crosses blood brain barrier: anti-inflammatory, antimicrobial, protects against microbial endotoxins
- High content of resveratrol increases microcirculation (vasodilation and inhibits platelet aggregation: pos effect on eye, heart, skin (ideal synergist)
- Lowers cholesterol and lipids
- Increases wound healing

- Angiogenesis modulator
- Ischemic heart disease
- Potent antioxidant
- Inhibits lipoxygenase (anti-inflammatory)
- Inhibition prostaglandin E
- Inhibits nuclear factor kappa B (NF kB) which upregulated in Lyme causing a cascade of immune mediated cellular responses
- Leukemia
- Stimulates fibroblasts (proliferative effect)
- Rheumatoid arthritis
- Psoriasis
- Increases bone mass
- Anti-aging
- Reduces auto-immunity
- Strongly neuroprotective
- Effects against: ALS, Alzheimer, Parkinson MS cerebral ischemia
- Stimulates microcirculation in brain

Dosage: Whole herb (Hu Zhang) standardized to 8% total resveratrols and 10 mg resveratrol. Source Naturals 500 mg tablet.
Use 3-4 caps 3-4 times/day. Work up slowly to this dose

Contraindications: Pregnancy, Consider carefully when giving with blood thinners (synergistic effect)

Overdose: GI-symptoms

6. Smilax glabra (Sarsaparilla)

Peer review literature/Science:

effective against:

- Leptospirosis
- Treponema pallidum (syphilis)
- liver flukes (clonorchis sinensis)
- trypanosome
- shigella and salmonella (common in chronic Lyme)
- leprosy and TB
- fungal skin infections

Other published results:

- Lyme endotoxin binding

- Lessens Herxheimer reactions
- Improvement in mental and psychological parameters in chronic syphilis
- Modulates immune responses
- Arthritis anti-inflammatory
- Psoriasis and eczema
- Neuroprotective (crosses blood brain barrier)
- Reduces skin breakdown
- Pain relief
- Improves liver function
- Lessens fatigue
- Increases libido
- Asthma, hay fever, rhinitis
- Cervical spondylosis (Lyme related disc degeneration and facet joint arthritis)
- Chronic liver disease (dramatic) including Hepatitis C
- Reversal of cognitive impairment
- Autoimmune dysregulation
- Protects from anti-androgenic substances in Lyme (i.e. gossypol)

Dosage: 425-500 mg caps 1-3 caps 3-4 times/day. Increase slowly to full dosage, stay on it for 2 months, then slowly reduce to maintenance dose of 1 caps 3 times/day. At least 1 year

Contraindications: Increased digitalis and Bismuth absorption (careful with Am. Biologics Lyme protocol), increased elimination of hypnotic drugs

7. Stephania Root (Stephania tetrandra and S.cepharantha)

Peer review literature/Science:

effective against:

- Potent anti-inflammatory
- Alopecia
- Radiation injury (leukemia)
- Asthma
- Induces IL-1 beta, IL-alpha, TNF-a, IL-6, IL-8 (especially in CNS and joints)
- Reduces NF-kappa B and IL-6 during neuroborreliosis
- Modulates HLA-DR expression (Lyme arthritis connected to CD3 generated HLA-DR alleles)
- Treatment of silicosis (also breast implant immune complications)

- Protects endothelium from endotoxin damage
- Reduces vascular permeability
- Bell's palsy
- Free radical scavenger
- Inhibits toxic glutamate levels in brain
- Ca-channel blocker
- Asthma and heart disease
- Retinopathy (modulates formation of new blood vessels and improvement of vision)
- Malaria (and Babesia)
- Inhibits cancer cell proliferation
- Anti-fibrotic/anti-scar formation
- Blocks abnormal histamine release/stabilizes mast cells

Dosage: 1:5 tincture of both forms of Stepania, ½-1 tsp t.i.d.

Contraindication: use judgment when using together with Ca-channel blockers. Constipation. May potentiate the effect of other drugs.

8. Other important herbs:

Teasel Root: give high doses over 3 months (1-2 tsp 3-4 times/day)

- Has been shown first by German ethno-botanist Stoerl to be highly effective against Bb.
- Good for **arthritis** and Lyme related insomnia

Turmeric, nettle and devils claw also good for Lyme-arthritis

Poke Root and Red Root for lymphatic drainage

Colchicum autumnale: effective against Ehrlichiosis. Best used iv (Eli Lilly). Give 1 amp (=1 mg) twice weekly for 6 weeks. Has to be given strictly i.v. with 25 g butterfly, otherwise causes severe long lasting burn. Alternative: oral tincture: 15 -20 drops daily for 7 days. Repeat after 2 week pause. 4-6 courses

Astragalus: potent anti-viral. Good synergistic effects with the other herbs. Elevates interferon gamma which is depressed in Ehrlichiosis, MS and many of the more severe Lyme related illnesses

Practical Considerations and Recipes:

Neuroborreliosis:

- read and understand the “Klinghardt Neurotoxin Elimination Protocol”
- bee venom therapy is superior
- most patients have a degree of kryptopyrroluria (excretion of abnormal hemoglobin breakdown products) which leads to a loss of excessive amounts of zinc, B6, and Omega 6 fatty acids. It is recognized by either ART testing or by finding a low or low normal alkaline phosphatase (below 50). Replace zinc, copper, Magnesium, B6 (I ask the client to increase the amount until he/she has vivid dreams regularly) Niacin (work up to 3000 mg/day) and Udo’s oil.
- Do not give zinc without copper in Lyme!
- Use KMT to vagus, sphenopalatine ganglion and superior cervical ganglion. Always use Rechtsregulat to reach microcirculation.
- Always use BioPure “PhosphoLipid Exchange”.
- In Bell’s palsy use Stephania root. 1 tsp t.i.d.
- At least 2/3rds of clients with Bb also have a Babesia co-infection which has to be treated early.
- Use polygonum, smilax and andrographis early on
- Use neural therapy, especially in the ganglia together with glutathione or DMPS

Considerations in connective tissue/Lyme arthritis:

- Bee venom therapy is most effective in the long run
- antioxidants (especially polygonum/resveratrol), cetyl-meristoleate, intra-articular ozone injections)
- para-joint neural therapy
- APN desensitization
- L-carnosine and growth hormone for premature tissue aging (collagen breakdown).
- KMT therapy directly to involved joint
- Consider high dose enzyme therapy
- Use Stephania root ½ tsp t.i.d.

Ocular borreliosis:

- Bee venom therapy very effective (sting Gb-1 and SI-3 regularly)
- high doses B2 (700-1000 mg/day) for a few months
- eyebright tincture 2 droppers full 2-3 times/day
- ginkgo extract

- KMT microcurrent directly to the eye
- Manual lymph/fluid drainage to eye (Klinghardt method)
- Use Stephania root 1 tsp t.i.d. and Polygonum! Valuable especially for macular degeneration

Lyme carditis:

- Systemic bee venom therapy 3 times/week for 3 months, then 2 times/week till resolved (years)
- always use antibiotics early on in high doses
- Use KMT over stellate ganglia and right vagus
- APN desensitization
- Use neural therapy over the heart with Enderlein remedies (Pleo SanBruc, San Strep, Nig and Muc, Lat)
- Always use “Phospholipid Exchange” from BioPure
- Turn off excessive immune activity with auto-urine therapy
- Use the herbs: andrographis, polygonum and hawthorne.

Ehrlichiosis:

- include Colchicine injections (or Colchicum drops) and astragalus

Bartonella:

- include Polygonum/ Resveratrol

References in: “Healing Lyme – Natural Healing and Prevention of Lyme Borreliosis and its Co-Infections” Stephen Buhner Raven Press 2005

Treatment should always keep in mind that our immune-system is in a never- ending training and adaptation program. We are evolving. The same is true for the microbes. We are seeking a peaceful inner state - in which microbes are welcome as long as they contribute to the greater whole.

We do not yet understand Lyme disease in this way, but our unconscious and our immune-system does. Plant adaptogens have far greater potential in helping us in this necessary process of evolution than any man-made chemical compound. Plant medicines are intelligent, human medications are usually quite dumb. Antibiotics have their place, but it is limited.

