

## **Treating Lyme without the Use of Antibiotics**

Dietrich Klinghardt, MD, PhD.

*The information in this paper is for educational purposes only, taken as notes from a medical seminar. We advise you to seek professional medical help in administering any Lyme Treatment. The treatment options listed below are generalized and not intended for use by patients without professional medical guidance. Any other source that posts Klinghardt Protocols or Cocktails on the internet is not sanctioned by the Klinghardt Academy. Dr. Klinghardt is known for "NON-PROTOCOLS" as each patient is always individually assessed and has a personal evolving protocol designed using a variety of herbal options. We advise you to not follow any internet protocol that marketers attach to our name. Visit a certified practitioner in Autonomic Response Testing who can access you properly, find your roadblocks to treatment, test your methylation/detox ability and individualize an herbal protocol with supportive strategies designed for your body. We also have many DVDs & lectures open to patients for self-help guidance. info@klinghardtacademy.com*

**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. Important to use plants that are produced, harvested and handled as close to nature as possible. Plant medicines are intelligent, human medications are usually quite dumb. Antibiotics have their place, but it is limited.**

**We update our herbal resources yearly, based on best available today and most cost effective sources for patients around the world as seen in our updated Remedy Manual with typical dosage and application. We also add new ingredients each year that we have tried successfully with patients in our clinic. At our teaching events we highlight the new protocol options yearly. Details are given in our DVD training lecture series: New Klinghardt Protocols and Beyond: What's Working Today, with visuals of how to blend the cocktail versions. Below are highlights, but not inclusive, and each person will have a different recipe and ingredients. Those who would like to use**

**herbal remedies with their patients should learn Autonomic Response Testing to individualize recipes for the personal Herbal Lyme Cocktail which in the beginning may include some of the listed ingredients below. As you progress with treatment, the cocktail changes and the ingredients used lessen over time.**

### **The Herbs**

Always take the herbs together with **Electrolyte and Liquid Minerals** for better absorption and transport of the active ingredients through the matrix to the cell membrane. Electrolytes also activates all functions of the ANS and improves trans-cell-membrane communication. Minerals replace the space the microbes are holding as we are escorting them out of the cell. **Freeze dried garlic** has a profound stabilizing effect in most symptomatic patients. It should either be taken immediately after meals on a full stomach. Test patient for dosage. Generally (2-3 cap 3-4 times/day) or 2 caps should be dissolved in 1-2oz of water and taken away from meals.

#### **1. 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:** test patient for personal dosage; generally 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. Test patient for contractions.

#### **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 Autonomic Response Testing (personal assessment) 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 that have been individually tested and chosen to take in your personal cocktail (with Autonomic Response Testing) 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 per your personal assessment for length of time and need.

**Contraindication:** early pregnancy, test patient.

### **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) Test patient.

**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. Test patients for individual dosage.

## 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” detailed in our workshop Klinghardt Protocol Options DVD.
- 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, spheno-palatine 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:**

- **Energetic Detox Therapy**
- 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 or Cream 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:**

- Energetic Detox Therapy
- Systemic bee venom therapy or Cream 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”
- 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: “Healing Lyme – Natural Healing and Prevention of Lyme: Stephen Bruner, MD

*The information in this paper is for educational purposes for practitioners only, taken as notes from a medical seminar. It does not replace the need for personal assessments. **Many symptoms mimic Lyme Disease and one must have a solid assessment for Lyme Disease, the co-infections and other underlying conditions that co-exist with Lyme, ie parasites, mold, heavy metal toxicity, and environmental toxins. Each has a priority and timing for treatment. We advise you to seek professional medical help in administering any Lyme Treatment. The treatment options listed are generalized and not intended for use by patients without professional medical guidance. Visit a certified practitioner in Autonomic Response Testing who can access you properly and individualize an herbal protocol with support. You are also welcome to learn supportive strategies on DVD or at our yearly events. Wishing you wellness and abundant life.***

*The Klinghardt Academy*

